

74. Spiritual growth

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[Are children born of this age more spiritually aware?](#)

Brent asked this question in light of much talk about spiritually advanced beings being born over the last few decades. (4/7/94)

Brent: Is it sensible for us to ask whether children who are born today, are likely to be more spiritually 'aware' than people have been in our past?

Not necessarily—the world as a whole, is more spiritually aware, today than it has been in the past. But children being born today are not. They take up their positions to learn. Therefore what they have gained spiritually, is 'blocked,' when they are born. Does that make sense to you?

Brent: Do you mean when they are conceived, when they begin life?

We have to go further back, before birth. No, the answer is they are not more spiritually aware when they are born today, than in the past.

Brent: Thank you.

Spirit, today, has not altered from the past. It is each era that is more spiritually aware—

Les: Yes, I was going to suggest that perhaps a further answer to that, is that there are many more opportunities in the world nowadays, for newly-born people and children, to have an awareness of the spiritual necessity.

That comes once they are born. It makes no difference before they are born. That is the point I am trying to make. Does that answer your question sufficiently?

Brent: Yes it does, thank you.

The opportunity to become more spiritually aware, is greater in this day and age. I know the question you are trying to put—yes.

What does spiritual actually mean?

This simple question was presented by Brent on the word 'spiritual' from a philosophical point of view. (1/8/94)

Brent: I have a certain amount of training, I suppose, in philosophy, but I'm not asking the questions to be 'tricky.' Everyone uses the term 'spiritual,' and you use it quite a lot. And surely if you know what is spiritual, then you must be able to contrast it, with things which are not spiritual. I just wonder if you could clarify the term 'spiritual.' We equate it, in a simple-minded way, with doing something that is 'good,' or perhaps doing something that is 'unselfish.' Could you say a few words about the meaning of spiritual?

Let us take one step backwards. Let us not say 'spiritual' but '*spirit*.' What is *Spirit*? It is the very essence of life. It is all that you can conceive. *Spirit* is the very breath of your being. Therefore spiritual, I would say to you, is indeed the *ultimate* goal that you search for in goodness. And, yes, you must always have the opposite. Spiritual is what each individual conceives to be good. Good, the very highest degree of goodness, for them. And here we get to difficulties, because each individual is different. Their idea of goodness varies. Am I making sense?

Brent: Yes, that's why you have the problem of ethical relativism. There are those who say, basically, that anything goes. But I don't believe that myself. So, the question is, if it's not true that anything goes, how do people find what is the right path—what is the right thing to do?

The right path, the right thing to do, can be found in your very quiet meditative moods, when you will be 'inspired,' if you like, as to what is good and what is right and what, as you term, is 'spiritual'.

You *all* have an innate knowledge of what is good, and what is wrong. It is *all* within each of you, that knowledge. How you use that knowledge depends upon each one of you and your own judgement.

Les: Thank you. That confirms what I have frequently said—it is within us, for us to be aware of.

Religion has had a strong hold for too long

Love is the essence of all-being. Listen to your inner voice and you cannot go far wrong. (8/8/94)

Brent: I've got a question about belief. When I first got involved in so-called spiritualism, what was appealing to me was that I wasn't required to believe anything in particular. I didn't have to believe in Jesus as the son of God for example, in order to be saved, with the threat of the punishment of hell. It was presented to me as a way of thinking, a way of life, that relied on a lot of open mindedness and that appealed to me very much. Now what I'm wondering is, you just said we are given opportunities to believe and to understand what is going on, as though that's a condition for progression and I just wondered if you could clarify this.

Yes, I have said you are placed here with freewill—true. Why do you suppose we were given freewill? Let me say, you can only *grow*. We ask that you don't believe—we ask that that you accept only that which is true to your own nature, your own conscience—whatever. I don't particularly like the word 'belief.' To me, it has many connotations. As I have said, '*love*' is the essence of all being—it is what you must strive toward. The more open-minded you can be, the more *aware* you can become. I am saddened still when I know and hear how much religion has a hold on the people here. It is a string, if you like that needs to be severed, but that is difficult when it has had such a *strong* holding for so many, many years. (Pause)

All that we ask you to do—follow your heart, listen to your inner voice or conscience, if you prefer—follow that and you will not go far wrong.

Each and every one of you has a pathway to tread. We can try to influence you, we can try to guide you, but ultimately, the choice is yours. Follow your own heart, and you can ask no more.

Les: Thank you.

Only the Godhead has all knowledge

Discussion follows on from the idea that goodwill always overcomes evil. Love will always overcome hate. However, we are all learning, and so are fallible in our knowledge and wisdom. Les asks how we change with growing wisdom. (15/8/94)

Les: It is just a confirmation of another expression, since we have talked quite often about love.

We are saddened sometimes when we see what is happening in your world and sometimes we feel *helpless*, if you like, that we cannot do more. But always, we will strive to encourage you, even those who you term 'evil.' They too, are being given help. We leave no one out.

Les: Of course. I have often thought how frustrating in some respects, it must be for you, who are aware of what goes on here, and are not permitted to interfere against the Law. It must be very disturbing and frustrating.

Well, there comes a time when frustrations die away. There comes a time in the development, awareness, call it what you may, when these things leave you and you become *wiser* to the laws—you recognise them. I don't say there is no one body who has full knowledge, but there comes a time when you are much more aware of the wider, the wider view of things and your acceptance comes with that.

Les: So it comes to a state where it doesn't impinge adversely on your own feelings?

Yes. That, I have to say, is where some of the guidance that is given, it sometimes contradicts itself. It depends on who is speaking, who is giving the advice. It depends on their own development, if you like, as to how they react.

Les: That answers a question before I ask it, because we have been told by members of the other world, that they are not infallible. So therefore, one would accept that all that they say, if they are close to this Earth, and are not developed sufficiently, they could be fallible in what they say.

I will say this to you: I say it again, there is no *one* group, *one* person, who has full knowledge. How can we, how can we have full knowledge? We are *all* growing, we are *all* learning, we are *all* developing. Let me say there are many, many stages of guidance. Listen—I don't say 'doubt,' but what I do say to you, 'listen.' If there is something within the advice you cannot accept, don't dismiss it out of hand. Reject that part you find unacceptable, but keep an open mind on the whole thing that is said. No, we are not infallible. We cannot be.

Les: Otherwise you would be the 'God head.'

Yes, my friend, you take the words from my mouth.

Les: I'm sorry if I interrupted.

No, please, please, no—bare this in mind, it is where some of your awareness groups fall down. They accept every word that is given. It is difficult to understand, because the guidance is given to the very best of their own knowledge—and as I said, there are many, many stages, many stages of differing guidance.

Les: Yes. Do I have time for another question, or are you concerned for your instrument?

Yes, we always are concerned, but we will allow one more.

Les: On the question of guidance, how often it is said here, that I have a guide so and so and so and so—and I always to *dispel* that, because I can't see that *one* person from your side, would be given the ability to guide someone here, through the whole of their existence here. I feel that if there are guides, or 'helpers,' as I think they prefer to be called, they change according to the requirements of the person and the development of the person.

Let me answer that for you: It matters not what you call them—guides, helpers, 'inspiration,' some people call it—those who do not accept that they have an outer helper, guide or whatever. Let me say, it matters not what we are called. But there are very few individuals, yes there are a few who have *one* guidance throughout their lives, but, *but* let me stress, they are *few* and *far* between. You are correct, in differing stages

throughout your earthly lives, you need different help at different stages. So it would seem of course *one* person cannot supply all of that.

Les: No, I would never accept that theory anyway.

But, there are individuals who come into your earthly world, with the knowledge, with the knowledge and with a mission. They and they alone, are attached to one individual from *our* world. But they *are* few and far between. All of you, *all* of you, have many, many people who surround you, who come to teach you different things—are all on different levels. It cannot be that you just have one, apart from those few I have just spoken of.

Les: They are the exception rather than the rule.

They may be aware of only one helper of guide, whatever you call them. But let me say, there are, how can I say, ‘background workers?’ (Yes) Forgive me, I sometimes find it difficult to express myself in your earthly tongue. But I am trying very hard in fact sometimes, but I am trying to make myself clear.

Les: You do indeed, and I complement you on your language, which you said you’ve been learning for a long time.

Sadly, the tape fades and Salumet’s reply is not recorded.

Glastonbury

George asks about Glastonbury being a spiritual place. Salumet pointed out that what had once been a spiritual place, was now much less due to commercialism. However, it would be possible to build up those spiritual energies again. He also discusses the importance of developing the senses. (22/8/94)

George: Yes, thank you. I have heard that Glastonbury in Somerset is developing as a very nice spiritual centre. And I have been there this weekend and it does seem to have a lovely feel. I wondered if you could say anything about that—Glastonbury as a spiritual centre?

Why do you need to choose and pick particular places, as being spiritual centres? *You ARE a spiritual centre—SHE is a spiritual centre.* What you are talking about my friend, are places within the Earth—we know of. You speak of your ley-lines—you speak of your holy places. People-power have made the place you call Glastonbury, a mystical spiritual place. It is the presence of the *people* that have created this. I would say one thing to you. A spiritual place—what do you suppose a spiritual place should be? Is it just a feeling, is it a gathering of the people? *What is it?*

George: A gathering of people of good spirit, I guess.

I am saddened sometimes to see these places, as you call them, that once were *spiritual* places, have now become commercialised—yes, that’s the word, commercialised—that cannot be good. I’m sorry but that cannot be good. This *room*, this *gathering*, is more of a spiritual temple, than the place you call Glastonbury. It once was so, but I cannot say that is so now.

George: Thank you, I do understand, yes.

***I’m afraid*, I’m afraid commercialism is taking away that element of spiritualism, spirituality, call it what you like. It is not good—**

Les: No it isn't. I was there about 10 years ago I suppose, with my wife. And I was very strongly aware of the spiritual nature, not of the place itself, but the energy of which you spoke to us recently. There is a tremendous spiritual energy there still, if one can tune into it.

The energies lie within the Earth, if you like, of the places. There are many spots within your country alone, that you could call spiritual places. It is a build-up of the energies of the Earth, which create these places. But once man gathers for the wrong reasons then you disperse that pure energy. Do you understand what I am trying to say to you?

Les: Yes, and I agree with you completely, and the word we would use is 'sinful,' that these places have been so commercialised.

Imagine pure clear water being tarnished by dirt. That is what is happening to some of these places.

Les: And to the stone circles, about which you were going to talk to us another time?

Yes, I have promised to do that for you. Yes. The energies lie within your Earth. The build-up of the energies, by the gathering of the people, *can* enhance, but it also *can* destroy.

Les: Again, it's just like everything it should be put to the right use.

Unfortunately, there are too many people who go for pure interest and not for the *real true* reason that they should. (Yes) Is that sufficient for you?

George: Thank you. That's very nice, thank you.

Les: And of course, the expression of energy is often demonstrated, by what we call diviners and dowzers here, who use various implements—there are a number of different sorts, and are able to locate water, oil, metal and so on and so on. That, I imagine, is all part of the energy trapped within the Earth. And these people have a particular affinity with that energy, because there are only a few people who can do accurate divining; only a few that we know of, anyway.

Not necessarily, not necessarily so. You *all* have the ability, the ability is *there*—it has been lost. It has been lost over the centuries. You *all* have the abilities you *all* have spiritual 'gifts,' as you like to call them. There is no reason, none at all that *all* of you in this room, could not divine or dowse. But, let me say this, there is no need for the instruments that they use. To cultivate the spiritual gifts, is something within you. *Everything* is *within you*, if only you could see it. That is what I am trying to teach you all. There is *so much* within you that has suffered, that you have lost. Man has lost *so much* that has been given to him. That is why you are here; you should all be using these gifts. They should be used—what would be better than in the lands where you have the droughts? You do have men who know, *who know* where to find the water, who can do these things without the use of the rod, and the other articles that are being used. They have that inner knowledge, that gift that they allow to come to the surface.

Les: So, we can all develop it if we give it time—

I say to you all, you *all* are capable of it.

Les: Well that's very interesting to know, but it would mean development and awareness and acceptance of what we have within us, and time given to the development of the factor.

You need to redevelop all of your senses—your eyes, your hearing, your smell, your taste, your touch. There is so much you need to relearn and it would take such a short time of your day to do that.

Les: Right. Could I ask you what you would recommend? You'll probably say meditation and quiet, which I understand. Is there anything else you could recommend to guide us into the best way to develop these lost things within us?

You, of course, could not regain *all* so quickly. You need to do it a stage at a time. Let me take the eyes for looking. How often do you really look, stop and look? Let me take for example, a **flower**. Can you really describe a flower to me? Can you close your eyes, can you smell it, can you **feel** it? If I was going to bring a flower into this room, were you blindfolded, if you had gloves on your fingers, if your nostrils were blocked, that would be the state of your senses. You could not tell me what the flower was like. That flower is a living energy, as you too are. Take a flower from the garden. Sit, *hold* it, there goes the development of the touch. Look at it with your eyes, study it. Look at its shape, its form, its colour. *Feel* that living energy from it. *Then* you begin to develop. Can you see what I'm getting at?

Les: I'm fascinated that you should take that particular example, 'cause that's precisely what I've been doing for the last week.

Then you begin—you sense by the feel, by the touch. You begin to have the knowledge from the vision of your eyes. The nostrils, the smell begins to develop. You can do it with many things. Take a piece of rock from the ground, hold it within your hand, feel the living energy. Study it with your eyes. Smell it, smell it, because let me tell you, even something as dull as you may think a rock may be, has its own smell. *That* is the way to develop your senses. Use *all* that is around you, simple, God-given things. I suggest that if you want to develop these senses, you spend some time each day with this exercise. Take even a *candle*. I suggest you try a candle. Look at the flame, smell the wax, feel it. It is so simple, so simple—I leave it to you all to decide whether you wish to follow what I say.

Les: Thank you. Yes, I began doing it about a week ago, because I was cutting some flowers to bring into this room, and I thought what a miracle a flower is. Then I began to think of other miracles which we take for granted mainly; that made me begin to examine flowers and foliage much more closely.

Have you learned anything from that?

Les: I've learned how much I didn't know.

I leave it with you.

Les: Thank you—and how much there is we still can learn—Yes, I astonished myself.

Don't be astonished. There may be many things in the coming weeks that may astonish you. But please *try*, each and every one of you, to develop your senses a little more. I will try to influence you in your times when I feel you are open to that influence.

Les: Thank you.

[The soul sings in times of difficulty](#)

Whatever injustices we feel are directed towards us, in our day to day living, we must rise above them. This is not always easy, but it can and must be done! (6/11/95)

I want to say to you, whatever discord, whatever injustices you feel are directed towards you, in your day to day living, you must rise above them, you understand me? (Yes) You cannot allow those fine threads to be entangled with thoughts of resentment. You must *rise* above it all. You *can* do it, you know *how* to do it and for your very existence, I would suggest that you do so.

Les: Do you understand Dawn?

Dawn: Yes. Is there anything else I can do?

You sometimes feel almost like a spider caught in a web. But that spider knows how to disentangle himself quite successfully. So too do you have that knowledge.

Dawn: Maybe.

Not maybe, you do.

Dawn: To disentangle oneself?

Rise above it all. Let your thoughts flow freely to those who you feel are against you. Use the power of that thought to help them and in return you are helping yourself. You understand? (Yes) I am trying to help in that direction.

Dawn: Could I ask you a question, should I change my surroundings? You know what I mean by that?

I would say to you at this time, I would say stay and be still and the answer will come to you—but for the moment, stay where you are. Do not despair my child, I will do what I can. There will be a time coming shortly, when you will be in contact with an old lady, who you can do much to help. You will be aware of her need for companionship and an ear to *listen*. I ask you please, help her. (Yes) Thank you.

Les: Thank you very much Salumet

Dawn: Thank you.

It pains me so, to see you all with your life's difficulties. But I can only say to you, I cannot remove all your trials and tribulations. I have told you this before, but that does not mean that it does not affect us so. I wish I could comfort you all, in times of troubles and I will do my best, but of course you know that the difficulties in your lives are what make you grow.

Les: Of course.

So, I say all of you, do not despair. Be positive, give out 'Love' and in return, you will receive it threefold.

Les: Thank you very much for all you do, in the way of helping us.

I have been with you all since last we met and I say to you all, continue with your thoughts of love to all mankind.

Two paths towards bliss: Renunciation or conquest

George asks a question based on the book by Swami Rama concerning two possible paths to bliss: renunciation or conquest. Salumet explains that great heights of spirituality can be reached but there are no easy answers. He reminds us again to follow the heart in all matters of daily living, as the surest way to growth. He also warns us about seeing ourselves as a single unit and about the ego when considering yourself as a great one. (8/1/96)

George: I have been reading recently, a lovely book by Swami Rama, about the Swamis' of the Himalayas. I think they understand life and death extremely well and they refer to two paths towards bliss, a path of *renunciation* and a path of *conquest* in the material world. I think the Swami's usually follow the path of renunciation, but I think here in the material west, we tend to follow a path of conquest. Is there anything you would like to tell us or teach us about the two paths?

Yes, I will speak upon this: Let me say you can put your lives upon this Earth, into many pathways, but I understand the peoples of whom you speak. They have indeed reached the top, I would say, of what living is all about. It is not beyond all of you, to reach these goals, whilst upon the Earth plane. There is nothing to stop you choosing your own pathways, whether it be conquest, whether it be renunciation, whether it be submittance to your own souls. You follow me thus?

George: Yes.

What I would say to you, that each one of you as an individual, must make that decision, must accept responsibility, for his own chosen pathway. I will not say one way is right, one way is wrong—that I will (*not*) and cannot do. But this I will say to you: If you give yourself up to that *Great One*, that *Great Creative Force*, I would say to you, from my hearts, that I would not choose the pathway of conquest. I am not trying to tell you which way you should go, but that is my own feelings upon this matter. I say to you all: *Stop, think, judge not* and *follow your hearts* and always you will tread the right pathway for your own soul's growth. The peoples you have spoken about, have devoted much time, in self-denial, in many aspects of daily living. They have developed those spiritual gifts, which are innate in you all. They have not attained anything which is outstanding, but they have given themselves time, to offer themselves, and that is why they have gone as far as they have done so. Is this helpful to you my friend?

George: Yes, thank you for your words and that is a very nice teaching, thank you.

Les: If I could add to that, I have given thought to this quite a bit—I don't know anything about the Swami's, but I have come to the opinion over the years, that self-renunciation to be possible, is often dependent upon conquest. Because take the Buddhists for example, who go around with their begging bowls—if it were not for the farmers and their conquest of the land, and their determination to produce seed from it, which is a conquest, then the Buddhists would be unable to follow their path, of self-denial. So, which is best? Again, I think it comes back to a question of motive. Why are we doing these things, or why are they doing these things? But those who achieve the higher attainment spiritually, must of necessity, rely upon those who are dealing in conquest, even if it is only the conquest of medical matters. Those who are seeking higher salvation, must at sometime no doubt, have need of a doctor's resources.

I would like to say one thing: You know I am not in favour of names, of religions, of any titles being given to people?

Les: Quite, I appreciate that.

You are all *ONE*, and belong to that spark of life, which is that *Creative Force*. I would say about self-renunciation only this: To be careful that it is not the result of your own pride, which creates the renunciation within yourselves. This I would say be warned upon, because too many see themselves as being great people, when in fact, when they are stripped of all human aspects, they stand naked before that *Great Creative Force*, all of these things are laid bare. And only then can you see the truth, of why all of these earthly—(*Les begins to cough—Salumet pauses*) I am sorry, are you okay?

Les: Yes thank you I apologise for that I couldn't stop it—thank you.

You need to look within.

Les: Yes again as I said it's *motive*, isn't it?

Always it will be the motive behind any action.

Les: Quite, because the very thing those aspiring to higher levels of existence and *Thought*, could be basing it upon the wrong premise anyway.

I would say only this: That they would not attain spiritual growth, as much as they had, if the motives were not good and genuine ones. So, keep this also in mind, when comments are made, because they would not achieve the results, if the motives were not good.

Les: I follow that, thank you. It's a constant examination isn't it? There is no *one* straightforward answer?

There will never be one answer to any question, never one answer. All of life on Earth, is a complex matter. You can only achieve that ultimately, which you deserve, because of course, you are not living just this one life. As I have told you, you must be responsible for what has gone and what is to come.

Les: Yes, that is the basic thing we have to learn, isn't it?

You must move away from this idea, of being just one single unit, within one lifetime. You will never, you will *never* reach the heights, if you try to stay with these fixed ideas. You must expand your minds, you must allow us to *help you, to broaden your horizons, to allow the mind, not the brain but the mind, to go beyond these earthly chains and then and only then, will you find the WIDER VIEW, of what life is about.*

Les: Yes, there must be a fluid acceptance of things we cannot understand.

[A message to the world](#)

There are great changes happening within our world at the moment, so we must be mindful of the many negative happenings that catch the attention of the media, as we can easily forget how much good is happening too. (22/1/96)

I know sometimes when days are dark, all of you wish for brighter/better futures. Can I tell you dear friends, your future will be bright. (*general thanks*)

Take these lives as it comes, give praise to that Almighty Power, for all that you have been given—not only those things you consider to be good, but for the days of darkness and struggle, because then your soul is coming to the fore, is being strengthened, is doing work, which is innate to it's very being.

There is much coming to your earthly world. In time to come, you will see many changes, all around your world. There will be natural disasters, but there is coming a time of great love, within mankind. That is why we are gathering upon your Earth, at this time, to ensure that this time, Truth will come to many and that Truth will withstand all that is thrown within its space. So be reassured, much goodness is coming to your Earth.

Les: That's certainly very good news. It's what we are all hoping and working for.

It may not be that it happens within some of your life spans, some of you within this room, will not see it happen, but be reassured that it is coming, for future generations.

Salumet has given many messages of encouragement that the future will be bright and that we are moving towards 'Heaven on Earth'. This goes in the face of the many doom mongers that constantly say the 'end of the world is nigh' or words to that effect! There will be ups and downs with natural disasters and man-made ones too, but as the world becomes

increasingly spiritually minded, so wars and man against man will diminish. This is an exciting time for humanity when the influence of spirit surrounding the planet in love has more and more effect. Salumet is one of many masters who have come to the Earth at this time to bring positive influence and love for all. This was necessary as our planet briefly teetered towards nuclear oblivion. Those days are diminishing but there is still much work to do.

As we gain knowledge, why do our lives not get easier?

This paradox was raised during the introduction. (12/2/96)

Good evening. I wish to say to you some words about your lives here. Firstly, my dear friend, I say to you, you have grown close to us in these past days.

Les: Thank you, it's very nice to have verification of that.

You are aware, but still a little doubtful of what is happening to you. Let me recall for you, one restless, sleepless night, when you travelled much within our world, but the physical being was rather restless, because you see as the awareness grows stronger, so too is the sensitivity of the physical being much stronger, in connection with the spirit. You understand my friend?

Les: Yes, I do thank you.

I have been aware of many of your thoughts coming to me, since last we met.

Les: Yes, I have deliberately giving time, more so these days.

Yes, all of you have. So, let me reiterate for you, some words that I have given to you previously: Always you wonder why life is difficult for you at times. You wonder because of this knowledge you have attained, why your lives are not made easier. But let me say this to you: As the awareness grows stronger within you all, life my friends will become even more difficult, because your sensitivities are so much more, that life's problems seem to you to be magnified. You understand?

Les: Yes, it is paradoxical, I quite understand what you say and I think my colleagues would agree, that though the difficulties become magnified, the ability to cope with them, is much stronger.

You are good, you see my words before I speak them. Of course, this is what happens. The awareness is such that all, all of your senses are heightened so, that sometimes life seems even more difficult, rather than easier for you. But my dear friends, these are steps that take you forward. I have told you, I will endeavour to hear your cries for help, I have told you, I will always be there for you and so indeed I will. But I cannot change your life's pattern, only you my dear friends, can do this. We can uplift you, we can sustain you through life's troubles, life's hard times, but we cannot interfere—I cannot tell you this often enough. Oh, how I wish that I could look upon you all and free you from your troubled times, but my dear friends, I would be doing you all a great disservice.

Les: Yes, I think we can all understand that.

Remember always there are those close to you, those loved ones who have gone before you, also those who are bonded with you, and who you probably are not aware of at this particular time—always you are surrounded by their love and their influence, as I also will

give you that influential help, to keep you upon your life's pathway. So, my dear friends, if at times you feel I have not listened to your pleas, let me tell you, you would be incorrect in those assumptions, because always I will be there to help you, in the way that is best for you all.

Les: Right, it's not what we *think* should be done, it's what you *know* should be done.

Yes, because those of us with our wider vision, can see the fuller picture. I just wanted you all to hear these words again, because I know that sometimes you feel your words are not heard. I tell you now, always your thoughts are reaching us, at all times. So, take heart dear friends and *know* that each and every one of you are being guided. (*general thanks expressed*) You all will succeed, and I speak about you spiritually and you will see when the time comes for you, each and every one of you, to return home, just how much you have achieved and will achieve. So, take heart dear friends and know, that the Great Creator surrounds you all, within that love, which is everything. I will answer one question this time, before we allow others to come.

We must not allow negative emotional energies to keep us jailed

Salumet discusses a much deeper way to look at the problems of our world. We must stop asking 'why' and to go within to find the spiritual answers. All negative emotions, that are so imprisoning, must be put to one side. This difficult topic is discussed at length between Salumet and Leslie Bone. (23/3/96)

I know that within your hearts and your thoughts, lies much confusion on earthly matters, which are occurring on your Earth plane.

Les: Yes you're quite right, there is a lot of confusion and concern.

I do not wish to enter into any one subject, but to speak to you generally about these thoughts that you all have. I know that you find it so difficult to look at your lives on a wider scale. I keep telling you these words, but I want you to understand that until you can *discard* the *emotional energy bonds* which tie you, then you cannot see the full picture.

Les: Yes, I think we understand that, that emotion created by our physical thoughts, does create a blockage, to our understanding of our spiritual needs.

We have spoken on previous occasions—the emotional body, is the one closest to your physical beings. I know you fully understand this. But I have to tell you, to allow that emotional energy to release itself into greater consciousness, in that way only then will you begin to understand what is happening within your world. You *almost* my good friends, are your own worst enemies, when it comes to emotions.

Les: Yes, I understand that.

I spoke briefly last time, about energy and the need that you have, to return to that *Divine Light*—you understood me then. What happens, is this, that *separation* to you humans, you find to be unacceptable. Always you seek *companionship* in one way or another. Whether it be the joining of *man and wife*, whether it be the closeness of *brother and sister*, it does not matter what the union (is), but all of you seek for it, and the greater meaning of this is, that you *seek* to return to the *Divine Source of Consciousness*. So, because of these emotional bonds, you are confining yourselves, within knowledge, that needs to be broken apart and freed. We have said that each one of you within this room,

is joined with each other. But my good friends, until you achieve that level of consciousness, which makes you *one unite*, which is capable of *love to all, without ties, without demands*, then and only then, can you go forward. Can you see what I am saying to you?

Les: Well, I don't think we do at the moment, because it would seem that whilst we're here, in order to fulfil our lives and enjoy them in any sense, companionship is necessary, in the physical sense.

Yes, it belongs to the *physical*. But what you need to achieve, is the spiritual understanding of why you *feel the need*. Do you see what I mean?

Les: Yes, we have to accept, that the physical companionship, is only second best to the spiritual requirements that we are seeking. Is that what you are saying?

It is the *spiritual seeking* that creates the *physical need*. Too often we see with peoples— let me perhaps give you an example: If you take a man and a woman and the man is dominant within the relationship, too often it would be said, '*He is wrong to be so.*' What I am trying to tell you is that because you come to this Earth plane with full knowledge of what you have to achieve, then the woman in the situation we are speaking of, would be *fully aware spiritually*, of what the man is trying to achieve. Sometimes, because of the energies, *powerful energies within you all*, it creates life's problems for you, only because you cannot open yourselves to the fuller knowledge. Now can you begin to understand what I say to you?

Les: Yes, I think what you are saying, is we concentrate too much upon the physical desire for companionship and happiness, without looking inwardly, (*Yes.*) and finding that happiness in silence if necessary and being one self only.

To be *one*, to be thankful to the one, who creates what you would term, '*problems.*' They may well have come to this Earth, to help you. Try not to see them as physical problems, because it is love which helps those peoples to help you. Do you follow?

Les: I think we do, but again it's confusing and difficult to understand, so long as we are in the physical envelope. I see what you mean and I fully accept it, but it doesn't make it any easier.

No, I know, but I have to tell you, because I want you all to open up to that greater knowledge within. I want you all to look at relationships you have with each person in this lifetime. I want you to *see*, to look deeply, for the *reason behind* the association. You can do it, you all can, if you so desire.

Les: We do suffer from problems currently, which are not necessarily between two companions, but are national problems. So, what you are suggesting, if I am right, is that we've got to look beyond those problems, and to the reasons for which those problems were sent. Now are you further suggesting, that if we do that, we shall be better able to cope with the physical problems?

My dear friend, that is precisely what I am trying to tell you. I know your hearts are full, whenever tragedies strike. Too often too, when you have your disasters do, we hear, '*Why, why, why?*' When in fact, if you allowed yourself the time to look inwards, you would be aware of what is happening. I know because of your very make-ups, it is difficult for you to see the wider scheme of life, but we have spoken many times, about what you do, what you sow, have we not? (*Yes.*) Let me say, there are reasons for *all things*. I know you will be dismayed to hear such things, but there will always be some distress caused, whilst you wear these earthly overcoats, because you do not fully understand what is happening.

Les: So would I be right in thinking then Salumet, that if we were able to look beyond the physical concepts and accept that these things, even with a national tragedy, that if we look beyond the physical, would your companions—those who wish to help us, would they be better able to impress us, in the way in which we should react, to solve the physical problems, if we are accepting that they are basically of a spiritual nature?

Yes, because whilst you doubt, whilst you say: ‘Why why, why,’ you are creating *negative energies, which will keep you jailed to the thought forms that you have.*

Les: Yes, so it would seem that you are suggesting that if we said, ‘Okay, this is a bad problem that’s got to be resolved, for the sake of the nation and the people, who’ll be penalised if it is not resolved—’

They must pay for what has taken place. You must look, not to us for the knowledge to change, but *each one of you* who tread this Earth, must look inward to *himself*, to find the answers, to inspire each other.

Les: And I think I’m right in saying, the answers are *in* each of us—we have to dig them out, is that so?

Yes, I would wish to see all of you expand your own consciousness, to look at your lives as they are this time, to look to your *relationships firstly*, to see what each person brings to you, or you to them. Do not look on a *physical level*, but look *deeply within* and all of you would find, that problems would be transmuted, would dissipate into *true love and unity*, on whichever level it is needed. *Then and only then*, can you expand your thoughts, to all of your world, do you see?

Les: Yes, but how can our few thoughts here, affect our ministers and leaders, who are the ones who have to make the decisions and take the road to the physical solutions, that are going to be needed? How does one influence them?

You must use the *Power of your Thoughts*. Again, you use the spiritual energy of the thoughts, not the physical thoughts, you understand? (Yes.)

In that way, can they be influenced, in that way by using positive thoughts, can we then reach out and use them.

Les: So you would take our thoughts, as an avenue towards altering the thoughts of the others, would you?

Yes, we need the *energy*. That is why I say to you, do not say, ‘Why, why, why, why?’

Les: Just say, well it’s here, let’s get on altering it. I have been doing that myself, I hope that all my colleagues now, will do it each night.

You must accept, that the law will continue, it cannot be altered, it cannot be changed and mankind must reap what he sows.

Les: Yes, I fully agree and accept that we are responsible for all the problems that do affect us now upon this Earth, apart from natural disasters, but the others, we obviously have been responsible for, in the beginnings, such as the deforestation which is going on, the feeding of animal products to animals who are normally only grazing animals; it is foreign to their nature to eat such stuff.

I have told you man throughout his history, has been destructive in many ways. But always we look for the spark of Light, which will change things. And although we speak on dark matters, I want you to realise that there is Light, there will be no disaster of this Earth, of this we have spoken. Rather I am concerned with your individual avenues of **THOUGHT. That no matter what happens on your earthly plane, that no matter what happens in your daily lives, no matter what comes to you before you return home, I want you to look at all things from the spiritual viewpoint. I want you all, each day to look**

inwards, each day to thank that *Divine Consciousness*, to which you all belong and of which you have *all knowledge*, if only you would seek it. I want you to become the shining beings that you are.

Les: I think you can be assured that we all of us shall be putting our thoughts in the direction that you have suggested, so that you can use them.

There must not be any negative thoughts, if you are to achieve that raised consciousness. You cannot, you must not allow those *negative emotional energies*, to keep you jailed forever. You have to be freed from them, and I hope my words will encourage you all, to do just that.

Les: I'm sure they will. So now it's up to us to start things going in that direction.

But first, look to yourselves. That is what you must do first. You will not heal your world, in such a short span of your time. But much is happening and much has happened, to cause this transformation to begin. And although you look upon them as 'disasters,' look inwards and find it within yourselves to say, '*If that is how it must be, for all of consciousness to grow, then I will accept and work towards this.*'

Les: And so if we began even more, looking within ourselves, to try and discover the faults and correct them, and use our thoughts that others may be guided, to work for *humanity*, instead of *profit and politics*, you would be able to use our thoughts, to assist *them*, to look within themselves, is that how it will all work?

There are many already working to influence your world leaders. (*Good.*) I have told you this, in times past. But when we have positive energies coming to us, they can be utilised in a much stronger manner. This is something you would not fully understand, but something that must be discussed, when we speak more about the energies. It may enlighten you a little more, when—and I have said we will speak one time, about the different energies, that exist here amongst you.

Les: Yes, we look forward to that.

I know I bring you something each time which is difficult, but I see you beginning to accept, to provide those thoughts within yourselves, that begins to make sense of it.

[The worst thing for many of us would be to have our prayers answered!](#)

The difficulties we experience are for growth and should not really want to wish them away. Also with the growth of knowledge and understanding, comes greater responsibility.
(20/5/96)

I wish to say to you this time that I am well aware of your thoughts to me, but I want to say to you all once more, a little about the awareness you have gained, whilst we have met in this way, so many times previously. Let me say this to you my friends, there are so many of your helpers and your loved ones, who would wish to help you in so many ways. I want to say to you, that for many of you, the worst things that could happen to you, would be to have your prayers answered. We have spoken of the pathway of the soul—I have told you that life's troubles and problems help you along this pathway.

Les: Yes, you have.

And so, it is. My dear friends, do not be dismayed when life's troubles seem to burden you down. Remember as your awareness and your knowledge grow, so too comes responsibility with it.

Les: Yes, we understand that.

I would say to you all, that since we have come together, your awareness has grown so much, that you should consider yourselves to be emissaries, to go forth and speak of the knowledge you have gained. Do not be fearful of the response that you may receive. Fear is a negative energy, this I have told you, but if you wish your soul's growth to continue, accept the responsibility of your awareness and knowledge. So why do I speak these words to you? Because I wish you to realise that your thoughts reach me, but I *cannot* always provide what you desire. It would be so easy to give you what you wish, but it would be a negative action, it would not help you. After all, why have you come to this earthly plane, if it is not for your own soul's growth? Now I think I will leave it there with you, to ponder upon my words.

Les: Thank you, yes we certainly shall, we do understand what you mean, but at the same time, I think we all understand that by you *not* giving what we wish, even though it might be easy, you are setting us an example by accepting *your own* responsibilities.

Yes, that also is a factor in this, but it is one of less importance. But it is important that you understand that your thoughts, your feelings do reach us, but it is not always possible to fulfil your desires—neither would it be good or acceptable to do so.

Les: I can quite see that. We understand the reason, even though we might not want those reasons. That is part of the growth we must experience.

Yes you all will understand more, as life progresses, because my dear friends, all of you will become *better, stronger* human beings, because of it. Life's troubles will bring you *strength and growth*, even if you do not understand why. It is part of your life's journeys. I know I am repeating words, but I feel it is essential to do so, to remind you all, that your life's journey should not be expected to be easy, just because of the knowledge you have attained. If anything, it may be that at times, life seems even more difficult and that is where your responsibility comes into play.

[Future evolution of our planet](#)

Salumet reassures that the future of our planet is very positive and should be viewed that way. The human form will one day cease to be, but by then, we will have upgraded into new areas of existence. This of course is far into the future. In the meantime, we must realise that our planet will not be destroyed as we do not have the power to do that. It will not be allowed to happen! (17/6/96)

I would like to begin this time, by saying a little about the evolvement of this planet Earth.

Les: That's interesting, yes please.

We have spoken much, have answered questions, about what will happen to this planet. I would like to go just a little further this time with you, because I think your understanding, is fuller. So many of you within this planet, are concerned about its destruction.

Les: Yes, that is so.

When first I came to you, I told you that man would not be allowed to destroy it and so this still stands; man will not be the cause of the Earth's demise. But we go further in time, to when this Earth will come to a natural end, not an end of destruction, you understand?

Les: No, but a gradual ceasing of the life within it?

An evolutionary plan will take place, this is natural and nothing to do with destructive forces.

Les: Quite, we do understand that, thank you.

So you will say within your own minds, what will happen to human beings?

Les: Yes we have questioned that, quite often.

As you know, everything *has been, is, will be*. There is no beginning and there is no end.

Les: Yes we accept that too, you have told us several times and it have been quoted in other places. So we can't do anything but accept it, even though we still of course, don't understand it.

As human beings have evolved, so too will they come to an end and we have spoken briefly that although the physical form will no longer remain, of course you exist in another form of energy. So do you begin to see and understand, what the evolvement of this planet will be? It is too far ahead, but I feel at this time, that it is something I would wish you to know and understand.

Les: Yes we would like to hear more about it please.

As this planet Earth was formed, what you term as '*low-life*,' first began. But I say to you, that form of *low-life*, and again I do not like the term, but it is one I use for your understanding—it all evolves from the one energy; again we return to the subject of energy. So humans evolved and so the time must come, when human beings have played their part within the cosmos. So they must move on, to higher and better things, you understand? (*Yes.*) Do you have questions?

Les: Yes, when you say they must move on, when the time comes for the Earth to cease as it is now, presumably that will take many, many years in our time to happen; it won't be a sudden catastrophe. (**No!**) It will gradually cool, I imagine.

It will be a natural process, yes.

Les: And so humanity will cease to exist, because of the lack of facilities, to enable then to continue living, is that so?

Mankind as you know it now, will have ceased to exist before such time.

Les: Is that so? (**Yes.**) So evolution in another form will have taken place *on* the planet, before the planet ceases to exist?

Yes, I want you to understand this.

Les: Yes, that's certainly a very new outlook, a new concept altogether I'm sure. I'd certainly never considered that.

No, because mankind is set upon the idea that you have the power to destroy. I say, although you can destroy much upon your Earth, you do not have such power. You are one group of energy, which has evolved and will finish too, you understand?

Les: Yes, so whatever we do, we cannot destroy evolution, as planned?

No, you cannot, man does not have that power.

Les: No, well that's a very interesting concept, that humanity as we know it now, will *cease* and become another form of life upon this planet, is that what you're telling us?

No, mankind will never be another species, mankind will filter out naturally, as you have your dinosaurs and other species, you understand?

Les: Yes, but the spiritual aspect of man, will live elsewhere?

It will—there are other areas of existence, which belong to a higher energy and mankind will upgrade to such places.

Les: So it's going to be the dissolution of mankind as we know it, (**Yes.**) will be a gradual thing?

It will be, but understand I speak of much time to come.

Les: Oh I do understand that, it's far beyond our ability to understand.

But it should give you thoughts of what is happening upon your Earth.

Les: Yes, it certainly does that.

Man has an unreasonable expectation of his own power, and he must not.

Les: So to sum it up then, mankind as we know it, will evolve into something different, over aeons of time, and when the Earth finally ceases to exist as it is now, it will no longer be a calamity for mankind, because mankind will not exist, but will have progressed to another form of energy, unknown to us upon this Earth, at this time.

When the time comes, mankind's raised consciousness, will move him forward. Yes, there will be no *big bang* as we have spoken, it will not happen that way.

Les: So it's going to be another form of evolution, to a higher degree of perception and living?

Yes, as you see in nature, you have strains of whatever flower, vegetable, mankind himself, where they become stronger, more aware of their surroundings—their consciousness is raised in many different ways and that must happen, before the things I tell you of can happen, and they will.

Les: So would I be right in saying then, that by the time the Earth begins to disappear, there will be no such animal as man, upon the Earth, but spiritually they will have progressed, into another plane of existence?

Yes, I told you when first I came, that many of us have gathered and that is our task, that man's consciousness should be raised, that the innate knowledge that you all have, should come to the surface, that eventually mankind return to spirituality, to that knowledge that is within, to that part of their being which is the real them—it must come forward.

Les: So that confirms what you told us a little time ago, that we should cease to think in physical terms and try to control our lives more, in a spiritual way and think of spiritual development, rather than physical futures?

My dear friends, always I will teach you that, always I want you to know the power of your *Thoughts*—always I will return to that. I want you to know yourselves as you truly are. Look not at each with those physical eyes, look upon each other, as *spiritual brothers*, look within the physical body and see that *Light shine forth*, from each one of you. And then and only then, will you begin to have an inkling of what each and every one of you is about.

Les: And I think knowledge I would be right in saying, that you've opened a very wide doorway for us all tonight, giving us much to think about in future.

I know what I bring to you is a difficult subject, but I ask you dear friends to think upon it deeply.

Les: I'm sure we shall.

You do have the understanding, all of you, to begin, to begin to realise just a little, what you are about.

Les: For myself, I must say I find what you've told us tonight, eminently reassuring in some way and I've no doubt my colleagues will also have that reassurance.

It is good and it is necessary, because you see, if you return again to the *Power of Thought*, these negative aspects of thinking, can create what the thought is, can you see? (Yes.) It is much better that you have clarity of vision, that you can see forward, to dispel the clouds of doubt.

Les: Although it will be far beyond our lifetimes, **(Yes.)** I'm quite sure that it does give us a comprehensive feeling of the future, if I can put it that way.

Yes, and that is all that I require of you, that you look forward and not backwards and not *negatively*. That is all I desire from you and I hope that all of you dear friends, can achieve such.

Les: I think it would be nice for you to have individual answers on this for you Salumet tonight? Does everybody feel as I feel, that it has opened a vastly different insight, into the future of mankind, do you feel that? (*general agreement*)

George: Yes, this is a positive view for the future.

[We can appear in more than one place at a time](#)

This intriguing scenario is explained by Salumet. (3/1/97)

Les: I have a question and it arises from my pondering much about what you have told us about you and others like you, having many parts, which enables a particular part to be with each of us. I have wondered whether this ability derives from your superior spiritual development, or whether we as spiritual beings, also have the ability to be in many parts for the assistance of others.

Yes, I will answer you quickly this time. I my dear friends, have no more abilities than each one here. The only difference I might add is that I have grown spiritually, therefore my capabilities have been *quicken*ed if you like, but there is nothing I can do, that you cannot. After all, have we not spoken about the possibility of the physical being, being in one place, whilst being seen in another?

Les: Yes, we have spoken of that, but would that mean that many of our *duplicates*, if I can use that expression, can be seen elsewhere, while we still have only one physical body on this planet?

No, that is your limitation.

Les: This is what puzzles me. I didn't think that we could — not as you can.

No, of course the being clothed in the physical overcoat, limits what can be done. But what I wish you to know is that *all beings are equal*. The only difference is in the raising of the consciousness and how each soul develops; then all possibilities are open to each soul. After all, when you return *home*, you return to the many aspects of the soul, which belong to each one of you. You understand?

Les: Yes, I think we all do. So, at this present stage of development, it would not be possible for our spirit personalities, to be split into many parts, as yours is.?

No, that would not be possible for you at this stage of your spiritual development.

Les: Thank you very much, I couldn't imagine that it could be, but as you've suggested, we do ponder these things and that of course leads to further questioning.

And that is our deepest desire, that in questioning you gain further knowledge spiritually — we ask you for no more. If you can achieve the consciousness that you have now, if you

can achieve its *growth* in any way, we could not ask more of you, whilst you are limited in these bodies.

Les: But one day, if our spiritual knowledge is sufficient, we would be able to be an energy of many parts, many facets, to use your expression?

My dear friends, of course you will, but I have to tell you, you are speaking of much time.

Les: Much time ahead, yes, I was afraid you were going to say that.

Much time that you could not even begin to ponder upon.

Les: No, so we'll just keep along the path we're on now and wait for events to overtake us?

Provided you grow in your own spirituality, as long as the soul begins and grows in knowledge and in wisdom and in love, then you will reach such destinations, that each step of your journey, will entitle you to no more than to be able to express more fully, all of those spiritual capabilities within you.

Les: Thank you very much we have that to look forward to.

[The Flame of Eternal Light](#)

A visitor called Thomas brings the Flame of Eternal Light to the group. (24/3/97)

Please stand away from me. I am Thomas. I am an emissary of Light. I bring to you all the eternal flame of Light. Who will wish to receive it on your behalf?

Les: May I? I'll receive it on behalf of everyone here and at our other meetings Thomas.

This precedes many things which to you have been promised. Soon there comes to your Earth your rose, which should have meaning to you. You have seen many earthly years of the rose. But I say to you, as I bring this eternal flame, so too does it bring the eternal rose to you all. (General thanks) I say to you all, be thankful that this is given to you.

Les: We are indeed. We're all very grateful and to you for bringing it to us.

My mission is over, I leave you with it, I say to you all, be aware of what is to come.

Les: Thank you.

This flame will burn ever more brightly, as you continue this work. All of you will become aware of its brightness. Please accept it from us with love.

Les: We do indeed. Thank you, Thomas, we shall think of you often.

The following week (31/3/97) Salumet was asked about this. As always, he gave us much information on the Flame of Eternal Light, which has several other names too.

Les: We all know *St. Paul's* experience on the road to Damascus, when he saw a blinding light and was converted. It came back to me after the last meeting, when somebody — and we feel very honoured that it did happen, I'm sure I speak for everybody — somebody gave us the *eternal Light*. That brought back to me Paul's experience. He would no doubt have been experiencing what we were told about at the last meeting, of the *eternal Light* — *eternal flame*. (*The atmosphere in the room from this point seemed particularly special*)

Let me say a little about this please: There are in our world, many bearers of that light, that flame — the word matters not, it is eternal life, it is the eternal purpose of life, it is life itself. We can make it seem that all these things are miraculous in your side. Dear friends, let me tell you this: That what seems to you to be miracles, to be signs of spirit life, is available to you all. It depends so much on your own spiritual awareness, as to *how much you can receive*. The eternal light, the eternal flame, is within each one of you, within the grasp of each of you. It is not something special that only a few can have, but it is your *right*, it is your right to obtain all of these *gifts*, as I so often hear them called. After all, I tell you once more, are you not first and foremost *spiritual beings*?

Les: Yes, I think we accept that without question now.

So whatever belongs to spirit belongs to you. In offering the *eternal Light*, the *eternal flame* to you last time, the communicator was offering the *knowledge* which is attainable by all of you, do you understand?

Les: Yes now we do, thank you. Has anybody a question on that, or is everybody quite happy with the explanation? (*pause*)

It — perhaps we can explain in simple terms. As a child you would not be offered any reading matter, which you had not been able to read. But you have to have attained that standard of reading, before that book would be offered to you, would you not? (*General agreement*) So can you see in comparison, that by offering the *eternal flame* to you all, does it not show you dear friends that much is within your reach? Can you see? (*General agreement*) So I say to each one of you: Reach out, take what is your *right*, take that *flame of eternal existence*, use it whilst in these *physical bodies* and use it to good advantage; use it with *Love*, because if it is abused, then it would be withdrawn from you. Do you understand? (*General agreement*)

Les: Yes, we would certainly never wish to do anything, however slight, to damage the reception of that, or to interfere with the proper use of it.

It would be helpful I think to you all, if when you enter this place where you meet, that you see this *eternal flame* in the corner of your room, to focus, to visualise, to *BE* that *flame*. Is that clear to you?

Les: Yes, I think we shall all do that now — no let me correct that, I don't *think*, we *SHALL* all do it.

When the time comes, when you interact with the *flame*, when you are part of the *flame*, then indeed you have grown much. Your knowledge of all things spiritual will have grown to such a degree that you can look to each other and say, '*At last I am on the road to going home.*' It will not happen in days, weeks, months, but it will take for most of you, many of your earthly years, to attain that degree of knowledge. But that does not diminish the fact that it has been offered to you, because to have an emissary from our world to present it to you, should dear friends, show you that you are following your correct pathways.

Les: Yes it was a delightful experience for us all.

Now, my heart is full in speaking with you this time. So, I say to you when you leave here this time, ponder my words and you will be surprised at what thoughts come to you.

Les: Yes, we shall do that.

Many questions that have puzzled you will *fall by the wayside*, as you say. (*Yes.*) And much will become clear to you.

What of the next thousand years?

Salumet gives a little prediction about changes over the next thousand years (31/3/97).

Whilst we speak of progression, I wish to say this to you that mankind in general upon this planet Earth, has reached an awareness which brings joy to those of us in my world, who are *striving*, who are striving to bring knowledge to this Earth. Surrounding this planet, there now prevails a *stillness* and *peace*, which you would not be aware of, but brings much satisfaction to us — a stillness and peace, which over your next one thousand plus years, will pervade all of mankind to such an extent, that no longer will there be the fear and the distrust shall I say, of all things termed *supernatural*; they will become *known* and *natural* to mankind — mankind will return to that knowledge which belongs to them. So, I say to you dear friends, although you will not exist as you do now in these times to come, I extend this knowledge to you, in order that you carry it forward with you, to our side of life. Keep it with you, use it wisely and know that you have become part of it.

Les: Thank you very much indeed. I'm particularly interested that you should say this tonight, because during this last week, I have thought of you several times, after listening to various religious broadcasts, all of which have said the very same thing, that mankind is beginning to recognise his spirituality.

I have told you when first I came, that mankind will change — you must return to those values, to which it is known will be of benefit to all. This planet Earth, as you know it, cannot be allowed to be destroyed by mankind, and I have spoken to you about this. So, if we cannot allow you to continue on the destructive pathway which you have been treading, then we have to look forward to teaching mankind to help them in their awareness. And that is why your planet is currently being *all-pervaded*, in all areas of living, with *stillness*, *peace* and much *Love*. It will come to all, although I know you will say there is so much strife within our world, how could it possibly be so? I say this to you dear friends: All things are possible, when you speak of Love and the power it can create, within all men. I accept that some men will never accept the love given to them; they are the foolish ones, who have much to learn. But good in the end will always overcome those who have doubts, those who have evil intent — and only those who refuse to accept what is given, will leave this planet, to find and accept the love given, elsewhere. But you are in an age, where there is much growth, much being given from our world.

In a later teaching (5/12/99) Salumet gives another message for the next millennium for the growth of the planet.

I know there are many such happenings and much talk amongst you on this earthly planet at this time, because of what you call a new millennium. Let me say this to you my dear friends: it is but a passing time. There has been upon this planet many, many millenniums, but what I wish to say to you in respect of the one approaching is this: That in the span of time of the Earth's next 1000 years, there will be many changes, many changes that humankind will be able to achieve. There will be a new time of thinking, a time of awareness of all things, of all matter and the changing structure of the universe as a

whole. This planet will reach the stage in its evolution within the next 1000 of its years, where people upon this planet will *know*, will know that **the only true pathway is within themselves**. Your scientists and your physicists even now are struggling with new knowledge, which I hasten to tell you comes from our world. They are beginning to see and to understand just a little about the makeup of the physical being which houses the Spirit. They know already that there is more to life than the physical contraption of the human body. I tell you these things, because although my dear friends by then you will past to our side of life, I wish you to know that the work that you have undertaken will continue. This planet Earth at last has reached an understanding of the destruction that mankind has wreaked upon itself. This planet has reached an understanding that mankind is *more* than at first he thought. Mankind has reached the understanding that *all* religions are but *one*, and mankind will recognize that there are many who walk this planet who have come to give them divine teacher.

Lilian: And they will be recognized, will they?

They are recognized, but in this new time which so many are seeking, there will *be* much more awareness. Our work upon this planet will be far-reaching. It seeks out those people who have been lost before to this knowledge. Mankind has reached the time in the planet's evolution, where he cannot now deny Truth.

Lilian: That's wonderful news.

I want each one of you, my dear friends, as this 'New Millennium', as you call it, approaches; I wish each one of you to look within and to know and to acknowledge that you have the awareness now of what lies before you, because my friends, you do have this knowledge and it is within each one of you.

Finding our true inner selves: SEEK, ASK, FIND

Find your true self and everything will fall into place. Salumet assures the group that this is indeed possible and through it, we would have access to knowledge behind all mysteries that confuse us at the moment. We must project our interest **inwards**. Also, if we do not seek, then we will not find. (14/4/97)

We have been happy to see how many of you on your Earth at this time, have been interested in what is happening in what you term your *space*. (Yes) Yes, and in particular I know that each of you here, have been interested in what you term a *comet*. (Agreed) I would say to you this: If that powerful interest that you all show to things outside your planet, if that interest were to be turned *inwards*, in understanding the vehicle which you all inhabit, dear friends what a powerful force that would be.

Les: It would be, wouldn't it—incalculable.

I would say to you all only this: (*Intense pause*) When understanding, when knowledge is sought, when all that you wish and desire is turned towards knowing the self; then indeed are you beginning to know what you are about. (*Pause*) Friends, when that happens, all that lies beyond your understanding at this time, would belong to you in an instant. No longer would your skies be a mystery to you, because then dear friends, you would be

part of it, you would become a living force within it; no longer would your skies seem to be a miracle, but become part of your very existence.

So friends, listen to me, turn your thinking inward, to the very depths of your understanding, reach out for that knowledge—and it is innate within you all, have no doubts about that and find the mystery within. Seek that dear friends and you will find all.

Do you understand?

Les: Yes we do. We realise the difficulty of doing it of course, as you do when you tell us it's going to be difficult. But no doubt you would say: *If it isn't difficult, then it isn't worth attaining.*

If you are not prepared to seek and to search, then you will not find.

Les: Of course not.

These simple words I have given to you this time are the most important ones that I can say to you. Find your true self and all of the cosmos will fall into place.

Les: Is there any chance of us finding our true self, whilst we are in this physical body?

I answer with one word: YES. There is no reason why in this lifetime, you could not attain this—you my friend especially, amongst you peoples here. You have the ability; now you must apply it and you must endeavour to focus upon it to achieve what after all, you know. It is an innate knowledge that you came to this planet with and as you unfold, so should each part of you be filled with that knowledge. So to you all I say: SEEK, ASK, FIND—it is there for you, if only you should take up—shall I call it a challenge? (Yes) Now, have you questions this time?

Les: Well I would like to ask a question about what you have just said. I know we are all individuals and must lead an individual lifestyle, but is there any one overriding suggestion you can give us, as to how we can achieve this inward searching? Bearing in mind that we shall still have to continue living our existing physical lives?

You cannot free yourself from that daily living, of course you cannot. But in your quiet times, and I know most of you try to seek those quiet moments in your daily lives, but I have to tell you dear friends, that to find that inner self, you need to devote more time, more of your physical time I say, to finding the true spirit within. You cannot achieve what is greatness, if you are not prepared to sacrifice a little of your daily living. So in answer to your question this time, I would say to you: As you look towards the stars and planets in your skies, look inwards to yourself and find that eternal flame which you are, because dear friend, you are brighter than the brightest star. You have to visualise this first. You understand?

Les: Yes, that certainly has given us something to guide us with. The other question I would like to ask is: Presuming that we are trying to achieve this in our physical life here, are we helped in so doing, when we visit you at night, during our sleep?

You would be given instruction yes.

Les: So it would help if when we go to our sleep, we could concentrate for a few quiet moments before we do sleep, and ask for guidance when we come over to you?

If you ask, there are many who are waiting to help. You need the help from our side of course.

Les: So we can ask for that, knowledge that we are going to receive it, even though we may not remember that? (Yes) Good and that would be of benefit in our physical attempts, to do what you have suggested?

In seeking help from those with *higher knowledge* shall I say, you are allowing yourself to *open* and for that knowledge to come forth and greater knowledge to be given in instruction and help.

Les: Thank you very much indeed. I must say and I'm sure my friends agree, that gives us more hope that we shall be able to achieve what you have suggested. We know we shall be helped in it.

Remember you are all individuals of course, but also remember that you are *spirit* and much is available to you, if only you will *throw off* the *confines* of this *physical body*. That is the problem with you humans, that however much knowledge you attain, you *still cling* to the knowledge that you have these *physical cloaks* which surround you and which some of you feel to be a *protective cloak*. Dear friends I tell you this, these protective cloaks are a *hindrance* not a help. Throw them from off, and when you can—when the opportunity comes, take it, take the help that is offered to you all, from those close to you from our world.

Les: Right we shall certainly do that.

Seek and you will find. Those words should *ring true* to many of you, they have been said many times on your Earth plane and I would like to reinforce them for you, by saying they are *true*, but you must be the *catalyst* in *seeking*. YOU must do it—we cannot do it for you.

Les: No I think I can say, to use our modern expression, you have pointed us in the right direction. I don't think any would disagree, would they? (*Affirmed*) So we thank you for what you have said.

I wish I could show you a mirror image of what you *truly* are. I *hope* that one day when I come to you that you will say to me, I understand your words now, at last I have attained what I needed to know. I know and understand myself as I truly am. (*Pause*) The day will come.

Les: Good. Without wishing to seem conceited, I believe I have been on the fringe of that understanding several times.

Dear friend, although you feel your knowledge is great, which to many within this room, your knowledge seems expansive, and to *them* it is. I would say to you this dear friend: You have grown much and that growth has happened in your latter years. I do not speak of knowledge that you have gained in earlier years. The knowledge that has come to you latterly has been an instigator of learning much more. You are now if I can put it to you this way—you are approaching a *gateway of knowledge* and *self-instruction*, which even you had not imagined. You are on the threshold of much knowledge and I say to you, that we are helping you forward in as many ways as we can, because part of what you have been sent here for, is to instruct others in the knowledge that you yourself have gained. And dear friend I say to you, you have worked *well*.

May that infinite energy which surrounds you all encompass you as you go forward, in that search for ever-lasting life.

Les: Well it's going to be incredible when we do understand it. I thought I knew quite a lot now, by coming over to you, but obviously I know very little.

I do not say that to make you feel as if you know little, but to help you understand that there is much greater things ahead of you.

Les: Yes it's very nice of you to put it like that, I wasn't suggesting that you were criticising me in any way of course, but I just can't imagine the beauty that *is* there to be discovered, if what I already have experienced, is almost nothing.

It is but a *twinkling of the eye* what you have experienced. Wait until you see the full beauty of what lies ahead. You have much to give, much knowledge to impart and dear friend, much good advice, because sometimes we see too much eagerness to begin with and little *patience*. But that is something all you peoples on this planet Earth, seem to be afflicted with and I do not say those words unkindly, but when you know yourselves as you will eventually, then you will learn and understand, that *patience* is indeed what you term a *virtue*.

Les: Yes, at the moment you're quite right, it is an affliction.

Now I will leave you this time and I will say to you, that you may find in the weeks ahead, that there may be changes as I use this instrument, because I am working closely now with her and we are making good progress.

Les: I'm very, very pleased to hear that, thank you. Just two quick things before you go. I spoke to you a little while ago about a certain person who was coming, **(Yes)** she accepted the instructions quite cheerfully and is prepared to wait.

Yes, it needs just a little time. I leave you all and I hope you will think upon my words this time. I will try to help you in your quiet times, in trying to seek your *true selves*, but you really must give *time* to it.

(Thanks + farewells)

[We are all capable of being used as a medium.](#)

The only doubts are our own which hold us back. (1/12/97)

Now I can speak with you, I'll try to be quiet! (Booming voice) You know we endeavour to do much work here, therefore it is imperative that new people be used. So often we have problems when communication is tried. Without your patience and understanding, it could not take place; for this we are truly grateful.

Les: Well we are very grateful that you would allow us to help in the work like this.

I found it most difficult to remain quiet when the young lady (Sallie) was asking about being used to speak. Firstly, let me say this to you: The ability is with you ALL — why do you doubt it? It is the doubt which holds you back, nothing more.

[Blending of energies](#)

Les asks about the blending of auras, or energies, during mediumship. (5/1/98)

Les: Yes, one I would like to ask, and it will interest everybody here I'm sure, that's why I'm stepping in first. Two new people were here a few evenings ago, investigation the work. During the evening, the lady apologised, saying *'I'm sorry, I can't stop staring at you, because I don't understand why you have a white light around you and in fact across you sometimes.'* I tried to explain about the aura, but I am not certain myself, whether what she was seeing was *my* aura, or whether it was the spiritual aura of somebody speaking through me, or giving knowledge to me, to be passed on to them. **(Yes.)** Do you have an answer for that?

Of course, dear friend, I will explain to you. It was a combination of a communicator using you, and your own uplifted aura, that is needed when blending takes place.

Les: Thank you, I thought that's what it was, but I wanted confirmation.

Your own aura cannot be fully extinguished, because if that were to happen you would no longer be upon this earthly plane, you understand? (Yes.) And we do not desire that just yet, (chuckles) but the brightness that they could see, would in fact be the overshadowing that was taking place at that time.

Les: Yes, thank you very much, I thought that's what it was, because I had the feeling of somebody being with me whilst I was talking, apparently in my own way and from my own thoughts, (Yes.) but I was pretty sure somebody was assisting and that was confirmed when we came out of the room and she said, 'I can't see that light around you now.'

Yes, you must remember dear friends, that sometimes we — and there are many of us who come to help and to show you the way — that sometimes your words are not fully of your own formation, even if you are not aware of that. Those who come close to you, help you at times in your life, to form the necessary words. (Thank you.) It is something that happens more as your awareness grows and that spiritual side comes forward, especially when you speak of spiritual matters. So, remember, think carefully and I do not want you to make it an excuse; when the words are formed, I do not want you to say, 'It was not of my doing.' You understand?

Les: Yes, we do. We don't want to put blame for some of our mistakes upon our friends. (Yes.) I don't think any of us would willingly do that, as you know.

No, you must accept what is said and the creation of your words and your thoughts, but remember that you can be influenced well, if the occasion demands.

Les: So that 'seeing,' by somebody else, could happen in the case of any member here then couldn't it, under the right conditions, if they were talking of spiritual matters?

It happens at all times and on many occasions, it also depends on the condition and awareness of the receiver of the words, yes.

Les: Yes, I knew the lady has quite a lot of psychic potential, so she unknowingly was assisting in what she saw.

Yes, but it happens in those who have no knowledge of what you term *spiritual knowledge*. It is an innate knowledge that is there. It happens in the closeness of two people communicating. It can show itself in — how can I say, to be *enraptured* by the speaking of another. It is the *attraction* again, of the *spiritual energy* showing itself. Do you understand?

Les: Yes, yes, all of us I think we now begin to see more clearly what you mean by energy patterns and the amalgamation of those energy patterns.

Yes, you will always be attracted, whether it be to another human being, whether it be an animal, whether it be to what you term '*mother nature*' in the open air. These attractions dear friends are longings to be in tune to the energy patterns to which you belong. I want you to look further and further and further, in order that you may understand what life is about.

Les: From your explanation just now, I think that's just about the best knowledge we could have for our future life and appreciation of all that we are attracted to. Wouldn't everybody agree that we can look upon these apparent physical appreciations as an expression of our spiritual desires to be part of the *universal creative energy*? (General agreement)

Follow these desires — do not let them fall by the wayside, because in following your *innate knowledge*, you are following that spiritual part of you,

which seeks to grow, which seeks to understand, and which seeks to fulfil its destiny in this lifetime.

Les: So, it would be as well for us, when we are appreciating the beauty of the flower, the trees, whatever, **(Yes.)** to consciously remember that we are *not* appreciating that physically, but thanking our spiritual selves, **(Yes.)** for the appreciation *they* are showing *through* the physical.

And also, to thank the *spiritual* aspect of that which you seek — to thank the animal, the human being, the tree, the water — whatever it is you seek. Also, to thank that spiritual aspect for that blending of *love*, which is *energy*.

Les: Well that is very, very interesting indeed, because it confirms what all of us have thought, that the so-called '*primitive people*,' had a much greater awareness of spiritual affinities, than we have as alleged '*civilised beings*,' because they used to *thank* what they were looking at and partaking of.

There are many still in your world who are close to Spirit, but whom you term *primitive*. Let me tell you dear friends, you are the primitives.

Les: I agree absolutely.

But although much has been lost over your earthly years, we have reached the point of the world's evolution, when great changes are coming. (*Good.*) It is happening, but again, slowly, slowly, and as I have told you before, this time there will be no turning back, there will be no denial of Truth, there will only be hope and understanding and a greater love.

Les: Thank you very much for confirming that. We are again extremely grateful to you for

Learning patience

We all suffer from impatience to some degree. It is clearly most desirable if we can become more patient, but interestingly, Salumet starts by saying that some impatience is not a bad thing as it can project our willingness to seek, know and grow. (26/1/98)

Sallie: I'm aware that one of the things I have to work on is my impatience and it may be because of my impatience that I'm asking this question—if it is I'm sure you'll advise me of that. Over the past couple of years, since having the privilege to come here, I've had some development through feelings and knowledge about people and myself, which I'm becoming more comfortable with and it makes sense to me. But recently I'm getting pictures which don't make sense to me and I suppose it's my impatience, but I want to help them along really.

Yes. My dear friend let me say this to you: You do not have to give gratitude for being here, it is your *right*. You have earned the right to be here, amongst the others, because it has taken many, many years, for us to gather you all together; that is the first thing I want to say to you. As with all human beings, there is this *impatience*, which you all are liable to. Do not be ashamed of it, because without this impatience, you would not have the *desire* to seek, to know, to grow. So look upon it not as something to despise. Now I say to you this: As your time goes forward, of course as you become more aware, your

consciousness grows—that innate knowledge that you have grows—remember this I have said this to you before. You are many parts not only soul, but you have in your physical being memories, a subconscious mind, that partly belongs to the soul and partly to the physical being. When you speak of jumbled thoughts, you must begin to understand that your subconscious thoughts become much more heightened as your spiritual consciousness grows. You need to distinguish between the two. Your desire for more knowledge my dear child, will grow steadily. You will come to know the difference between what comes from spirit and what belongs to the human thinking. You cannot rush what is needed to be learned over one lifetime. Your desire is great, but you need to adopt the patience, to know and to understand that all will come to you in time. You my dear friend, would wish to analyse much that has happened to you. Let me say only this: It is good in as much as you wish to grow spiritually, but it also can hinder that growing, if you are not careful. I say to you only this, my dear friend: Allow these thoughts, these feelings, these pictures to come to you. Try to accept that it is part of your spiritual development, and all should soon become clearer to you. You cannot rush it, you cannot jump too quickly, you must take things slowly, slowly, slowly. You have much to offer us in the way of service of spirit. We know you read much, but there can be no place for experience, if you cut out the first steps of learning. Do you wish to reply?

Sallie: I suppose I just have to think about—what you're saying is have I cut out some of my first steps of learning.

Open up your heart, sit quietly and allow us in; that is all you have to do and all that you would wish will come to you. If you like, you can develop the feelings, the association of feeling, with other people. But do not analyse it, allow it to happen and we will continue to help. You my dear friend are travelling the correct path, do not falter and stumble with your thinking, but allow us to support you and help you to expand and grow. That is all we ask of any of you, that you open your heart and your mind to us. Be patient, be patient.

(Spoken softly) Does that help you?

Sallie: Yes it does thank you.

You must rest more too. You are spiritually tired at this time in your life and it is because your mind is over-active. Allow yourself some time for quietness of spirit. That will sustain you in all ways, spiritually and physically. I will help you dear friend.

Sallie: Thank you.

[Listening to that inner voice](#)

When we listen to that inner voice, that we all have, our lives become much more straight forward, as all knowledge is within us. This point is very clearly illustrated when Les did not listen to that inner voice about his health. We have the ability to know what is coming and what choices to make. We should consider ourselves to be spiritual entities, not occasionally, not often, but always. (20/4/98)

Les had had to cancel the previous two meetings, due to health problems.

Good evening. *(General welcome)* I would like to say a few words this time, on some thoughts that have been reaching out to me. Many have been thinking, '*why are these physical events not told beforehand?*' I say to you my dear friends, why do you feel that you have the need to know? Why do you feel that you do not have the power to know for yourselves? Do you understand?

Les: Yes, yes, we do.

You all know and understand, that from our side of life, there is more foresight than you would understand.

Les: Yes, we do know that.

You know and understand that we '*see*' what is happening within your lives. But we cannot interfere. You know that before you come to this lifetime, that you have chosen a life plan, but you also know that because of your free will, many choices can be made. Therefore, although you travel to one destination shall I say, the choices to be made are great and many. We help to influence, we try to encourage, but in the end, your free will must surpass all. You understand?

Les: Yes, we do indeed.

So, you must understand that although we are aware of the choices you will ultimately make, we cannot interfere with that choice.

Les: No, we have to learn our own lessons, don't we?

That is why you have your physical experiences. So, you should not say, '*why does this happen?*' You know why it happens, because *YOU* have made the choice, you have created the conditions, you have chosen that pathway along which you must travel.

Les: Even though we are unaware of having made that particular choice.

That my dear friends is the difficulty, that is why all of you find it difficult to understand life's patterns, because you still cannot fully accept that you have total control, total control. Can I make you understand?

Les: It is difficult for us to understand.

I know, but you must think upon my words.

Les: I think we have to think in several directions, because a little while ago, you told us about intuitive or spiritual thought, *(Of course.)* and in hindsight now, I know that I was receiving that some months ago. But I was not exactly ignoring it, but I wasn't giving it the attention it should have had. *(Yes.)* Had I done so, my recent illness would not have occurred, I can see that now.

And did not my dear friend — were you not told to have some healing? *(Yes.)* Why did you stop? Why did you stop?

Les: Frankly, I don't know. I seemed to have recovered and had been all right.

Yes, but you were not listening, you were not listening. That is what I say to you all my dear friends: You *must* listen, you *must* gain that intuitive knowledge, which you have, and use it to its fullest. Once you have accomplished that, your life's pattern will be so much more simplified, in all aspects of your living; *(Spoken gently)* in your health, in your partnerships, in your working, in all aspects of your living, will life become more simplified, if only you would learn to listen.

Les: Again, it comes back to what you have told us, that we must consider ourselves more often, as spiritual entities, rather than physical beings.

Yes, not more often, *always*.

Les: True, I accept the correction.

Always, always first you are spirit — remember, and all physical aspects will fall into place. I know these ideas, these concepts are difficult to take in. I try to simplify it for you, I try to keep my words simple for you, in order that your understanding might come gradually and that that understanding stays with you, until such time as recognition of my words becomes a part of you. You Understand?

Les: Yes, I would think we all owe you an apology. I know you don't want it, but I'm sure we would all like to give it, for all having been so dilatory in our acceptance of what you have been telling us, of the need to think of ourselves as spiritual beings.

As you open your eyes in your morning, *feel* the power of that spiritual being, *allow* it to work with you/through you, *be* yourselves, and all with be well.

Les: I must admit that I have been feeling it during my recent incapacity and I believe I'm right in saying at one time I was taken over to you during my sleep state and allowed to witness what was happening to me at that time. I didn't fully understand it, but I know full well, I was experiencing it.

My dear friend, nothing happens by chance. Your recent '*illness*,' as you call it, had a purpose.

Les: Yes, I'm sure.

I think I need say no more to you. Opportunities opened up to you, that you would not have expected and in saying these words, I know that your understanding grew just a little more.

Les: Yes, you're right there too.

So, you see, do not think of your life in any way, as problems, or actions to be sorry about. Remember that even as you say '*unconsciously*' these acts take place, that *you* have been responsible.

Les: Yes, that is the difficult part of course, for us to understand.

Yes, so you see try to think upon my words this time, try always to be honest with yourself — allow the spiritual self always to be to the fore.

Les: Yes, and I must confess, I have been mentally chastising myself, for not having recognised that some months ago, when I should have done.

We understand, but you have been too harsh with yourself — do not be too harsh with yourself. After all, none of you are perfection, otherwise you would not be here. So, accept that you can learn more. Always seek the spiritual side of life and the physical will fall into place. And by saying these words, I cannot promise that your physical lives will be all, how would you say, '*milk and honey*?' Of course, it would not, but your understanding and your tolerance of life would be such, that each experience would be a growth for you.

Les: True, and I have to agree with that also, because again in the last two weeks, I've been thinking a lot and it has become abundantly clear to be, that when you've told us that there is no such thing as a coincidence, that has become apparent in my thinking and understanding, during the last two weeks.

So, your understanding has grown, even through an experience of life, which you feel you could have done without.

Les: Yes, you're quite right.

Yes! But how are you to know, that in having these experiences that you have grown more spiritually? *That* is the importance of life; *that* is what matters.

Les: And I remember also some of your early teaching about us only having to plant the seeds, not to be concerned with the product.

We will help the growth, if you would all plant the seeds.

Les: Which I was able to do and perhaps you are also aware of it.

You will not fully know, what you have achieved during this span of illness — you will not know. But I can assure you that you have grown and let me say too, to all of these dear friends, that they too have grown in their thinking, because in your illness, it has given them the opportunity to view their own lives. Is that not true?

What is wisdom?

Salumet leads this teaching with the question as to what is wisdom? He starts by asking members of the group their opinions before a follow up discussion. It soon becomes apparent that the subject of wisdom is not easy to understand and that as humans, the best we can really hope for is to ask for guidance. We are nowhere near a state of true wisdom. For starters, we have to eliminate all extraneous thoughts, emotions and human compulsions, before we can even begin to consider wisdom. However, an important step on this road is to know ourselves. Salumet explains. (23/2/98)

I would like this time, to talk with you, about a much-used word in your world, ‘wisdom.’ If you are willing, let us have some debate upon this topic.

Les: That would be very interesting, because I think *wisdom* and *knowledge* are often confused and it has for many, many years, been part of my prayer, to ask for the *wisdom* to use properly, the *knowledge* of which I am given.

Yes, it would suffice I think, if we could have individual views, on what you think is *wisdom*.

Les: Yes, shall we start with you Margaret?

Margaret: knowledge of *life*, isn't it? What you've learned through life, then it becomes wisdom.

Les: You think its knowledge?

Margaret: Well, to have wisdom, you have to have knowledge, don't you?

We will hear all your points and then I will speak at the end.

Les: Thank you, George?

George: I would say wisdom is the proper use and application of knowledge; it would also come into the further seeking for knowledge and the use of knowledge to the common good.

Mark: I would say that it's the appropriate use of knowledge, the right use at the right time. It's a bit like when we were talking about truth. When we were talking about truth, truth was relative very much to the time and the meaning of the person, but I think wisdom has a more concreteness about it, but it must also be relative as well, I would have thought. But I don't know, it's slightly different from truth, it's more to do with the application —

Les: Right, if we could stop there please. Sarah?

Sarah: I have a feeling that wisdom is something — an inner help you get with wisdom.

Knowledge is something you've *learned* and wisdom is something that comes from *within* you. You don't know why you do certain things, but you do them. It's — how can I say it, it's not spiritual, but it's something you're helped with from inside, rather than something that you just know.

Sallie: I think the ultimate wisdom, is a form of understanding.

Jack: Wisdom, yes — the way that you use your knowledge I would say and what you gain in experience. I would define it as the way experience has taught you the way you should behave, and I think wisdom is actually applying that.

Dawn: I think wisdom comes through experience and also due to a certain amount of intuition.

Les: Right, and I think wisdom is mainly the ability to know when we are not as wise as we think we are. That I think would sum it up, because we can never require sufficient wisdom, to be cognisant of the requirements of everybody else around us, and that I think is what we must all strive to do.

Yes, my dear friends, your answers are the usual amongst human beings. You are unclear mostly, about the use of the word; it is not a word easily defined. Your understanding, your knowledge, belongs to the *physical*. Let me say this to you about wisdom: You are human; wisdom my dear friends, can never be achieved, whilst you are on this Earth. Your explanation of wisdom is mainly a physical one, combined with the word understanding, the gaining of knowledge and so forth. I would say to you my dear friends, wisdom whilst you live in these bodies, has to be the elimination of all extraneous thoughts, emotions and human compulsions, before you can even begin to consider wisdom. The young lady was partly correct in her saying, when she said she does not know where the understanding comes from. It is an innate emotion within you all; the spiritual aspect of oneself. I do approve of your human word, '*oneself*,' because in this existence, that is all that you are.

Wisdom therefore my dear friends, is a gathering of spiritual knowledge of each *self*, which is gathered together, to be taken forth, with *love*. Wisdom is a fragile gift; wisdom is the inner knowing of life itself, for surely does not the sunshine follow the clouds? Is that not wisdom? Is the doing of an act, which you would not truly do for yourself, but for another, is not that wisdom?

Les: Yes, I suppose it would be.

Do you see what I am striving towards? Wisdom is not emotion, wisdom is not a gathering of knowledge, wisdom is something each one of us continues to seek and which we can never attain, because always there is more to know, because your consciousness is ever-expanding. Do you not see, that in seeking wisdom that is what you are searching for? Can you begin to follow me, dear friends? (*General agreement*)

Les: Yes, I think we do, so to clarify a little for us, we have to look upon with a different meaning, don't we? (**Yes.**) We have to recognise that wisdom is the need to try always, to attain the spiritual, (**Yes.**) rather than concentrate on the physical attributes?

Yes, you seek and ask for wisdom, when what you mean, is to be given human understanding of all of human life. Do you see the difference? (*Yes.*) There is a difference. You were correct, when first you spoke about the difference between knowledge and wisdom. Wisdom dear friends, comes only, and I say this with love and sincerity to all those I have communion with, wisdom comes only to those higher beings, who have attained such position in spiritual knowledge and love, that they have grown so, in their own consciousness, to become part of the whole. Only then, does wisdom begin to show itself, can you understand? (*General agreement*)

Les: Yes, we can; so, we have a very long journey before us, before we can fully appreciate what wisdom is?

I would rather dear friends, in your prayers and your thoughts, not to ask for wisdom, because wisdom belongs to you naturally, it *will* come when you are ready for it. Do not seek it whilst you tread this planet; rather ask that you be shown *truth* — and *knowledge* if you must. Ask that you be guided, that you have the ability to eliminate all that *stuff* that is unnecessary to you. Only then will you have clear-seeing, only then will the understanding come to you, that *life* on this planet is hard work and only then will that love within you, come forward to encompass you and to lift you into that *Great Cosmic-Consciousness*, to which we all belong.

Les: Yes, Jesus had the same thought in mind, I imagine, when he said, ‘*What shall it profit a man, if he gain the whole world and lose his own soul?*’

That is one expression, yes. You must be your own overseer of the soul. After all, you have the responsibility to care for, to nurture and to allow that soul *structure* in its lifetime. You must allow the soul to grow and again dear friends, I speak not only in physical terms; you must have balance in your lives, of course you must, how else could you survive? But what I say to you is this: Leave wisdom to those who have attained some degree of it and who will help you, when the time is right. Ask dear friends only, that you can extend your love to all of mankind, to all of humanity and to genuinely give of yourself. What point is there, of asking for understanding, if you do not make use of it properly? Are you not being hypocritical in your daily lives, if you ask for something and then deny the knowledge that you are given?

Les: Yes, it would be hypocrisy. You’ve set us another big task.

I would say this to you, my dear friends and I will use this word wisdom only once in connection with your physical being: **True wisdom, is eradication of all that is unnecessary for the soul’s growth. But the true wisdom is in knowing oneself. There lies the seed of wisdom.**

Les: Yes, I can understand. I think everybody else is clear on that, is everybody? (*General agreement*) Are you sure, because I’m sure Salumet will take a question if you have it? **Yes, I would rather we discussed it fully this time, because I do feel it is a step that each one of you must make, a step-in understanding.**

Sallie: I’ve got one question please. (**Yes.**) I didn’t quite catch what you said, maybe that’s why I’m confused, but you said something about asking for understanding, being hypocritical and I didn’t quite understand what you meant?

No, in asking for understanding and not putting it to its correct use, would be hypocritical — better that the words were never spoken, do you understand? (*Pause*) No, she is confused.

Sallie: I’m still confused, yes.

Each one of you, at some time or another, seeks knowledge and understanding in your daily lives, do you not? (*General agreement*) When the understanding is given to you, it matters not about what, how often does that understanding be thrown by the wayside?

Les: Because it would conflict with our physical desires?

Yes, that is where I say, you would be better not to ask, it would be better to be ignorant of the knowledge. If it is given to you, it is up to you of course, because of your free will, but ultimately it is your choice, whether or not to use the knowledge given to you.

Les: Yes, because if we ask for it, we are implicitly accepting the responsibility, for using the understanding that we are asking for. (**Yes.**) And if we don’t use it and accept that responsibility, then I quite see what you mean, it is hypocrisy.

Of course, I use the word in your physical language, for understanding only, but I say to you — and again I return to my favourite word, 'THOUGHT,' and how important that is to each one of you. That is why I say, wisdom is the elimination of all extraneous emotions. Why do you seek, if you do not use? Do you follow me?

Les: Yes, I do, are you clear Sallie?

No, she is not.

Sallie: I understand what you've explained, **(Yes.)** I understand the words that you're using, but there's something that doesn't sit right with me about what you're saying, but I don't quite understand what it is.

Yes, you feel that you have the right to ask, of course you do. But what is the purpose of asking, if you do not follow through with the knowledge that you are given?

Sallie: I understand what you mean, but there's also the feeling that unless I ask, I don't even have the opportunity, to perhaps work with that understanding. Perhaps I'm putting myself at risk, because I could be given the understanding and not use it, but there's a possibility that I could use it.

Of course, and that is where your free will comes into play. But what I would like you to know and to understand, is that if you are to grow spiritually, you must have full control of your thoughts. (Pause)_She does not understand and is not ready for this information. We will leave it with you, and I will try to help, to make it more clear to you, in your sleep state.

Sallie: Thank you.

Les: If I might say Sallie, I believe what Salumet is trying to get through to all of us, is that having asked for understanding, we must not even *think* of doing something which would effect that understand, or deny it, which is often our physical habit; we want to do the spiritual thing, but our physical inclination, **(Yes.)** makes us not do it. We mustn't even *think* of exercising that physical inclination.

You must, if you are to become *aware* spiritually, you must have *command* of the *physical thinking*, you must have *command* of the whole *physical being*. After all, I am sure you are aware in your world, of many you call masters — are they not concentrated beings of thought? You would not find in any one of them, extraneous emotional thought that is not useful to mankind. That is why they have grown so spiritually, it is the control of the emotion, control of the thought, control of understanding and the need to give love to all, without thanks.

Les: So basically, we have to guard our thoughts Sallie — all of us; that would seem to be the answer.

Sallie: There's something I'm missing in this conversation and as Salumet says, maybe I'm on the wrong track, so maybe I'll take it away and sleep on it, yeah.

Yes, clear your mind my dear friend, her understanding at this time, is not ready. After all, did I not tell you when first I came, that we would have many difficult conversations, that you could not all, in your own developmental stages, fully understand?

Les: Yes, you did that.

So, do not feel my dear friend that you are lacking because you do not fully understand. Be assured that it will come to you, when you have fully opened to it.

Sallie: Thank you.

Les: Any other questions? I think Salumet's covered it pretty fully, in what he's told Sallie.

It is a difficult topic, because most people think of wisdom as a physical attribute, something tangible that can be touched and felt and seen in others. I am here to tell you dear friends, it cannot be so simple.

Les: So, to sum up then, wisdom is a spiritual asset, which we have not yet attained, not even really thought about properly.

I would say that after all, *one self* in one lifetime, how much wisdom could you attain, in all of eternity?

Les: No, you're quite right. Again, we're thinking in physical terms of one life, aren't we?

Yes, that is why it pleases me to hear your term '*one self*,' after all *one self*, in one lifetime, is but an iota of the whole.

Les: Yes, well that certainly does make it clearer, that we have to recognise that we must not regard this one life, as the only method of learning.

It is not the ultimate, of course it is not. Your understanding is such now that you know or should understand that the knowledge gained in one lifetime, is *nothing, nothing* to what can be *achieved*.

Les: That makes it clearer for us all certainly, doesn't it? (*General agreement*) I'm guilty as well as the rest of you — you're not getting out of it any of you — (*chuckles*) I was just as bad, only thinking of the one lifetime, which is the crux of the matter, I think.

That is what you must all dwell upon, that you have come together this time, as like-minded people, but secure in the knowledge, that at least in this lifetime, you have had the chance and the opportunity to grow spiritually and that your lives have taken the correct pathways, to love and to light. Enlightenment in this lifetime, has been much for some of you, and for the others who are new onto their own pathway, there is a long way to go, but nevertheless, you have accepted, and you have all dear friends, stepped into the light of knowledge. I thank you this time, for listening to me with love and with patience. I can feel the confusion within some minds, but I say to you, everything can be achieved, if you will open yourselves to those who come to you, to help you and uplift you, to bring you awareness, to bring you the help that is needed when it is needed. If you will but open up your hearts to them, you would be surprised how much less difficult, life could be for you. Come to know yourselves, and you have the beginning of much growth.

Les: Thank you very, very much. (*General agreement*)

I do hope I have not tired your thinking? (*Enthusiastic thanks/gratitude expressed*)

Les: You've given us a big '*perk up*,' in our expression — we're thinking like mad at the moment.

I feel it, I feel it.

Les: It's a wonderful avenue you've opened.

I am always warmed by the affection and the openness of your hearts. It gives me joy to know that at least the physical brain is kept alive; that many thoughts are pondered and I ask that you use those thoughts wisely, wisely, wisely (*Voice gently fades*)

Les: We're very, very grateful for what you've told us tonight, it does for me open up a completely new wide avenue of thought and I'm sure it must do for my colleagues here too, (*General agreement*) because we do tend to think only of this one lifetime and that we must not do.

I hope that in this lifetime that this lifetime will be one, which you can reflect upon, as being one lifetime of greater understanding.

Les: Yes, I think we shall be able to say that, thanks to your being with us.

As you all reconnect to that centre of love and energy to which you belong, I know that each one of you, will find that this lifetime has brought you closer to the unity of perfection, to which we all seek.

As we age - so our spirit comes to the fore

Salumet encourages us to fly not with the wings of a sparrow, but with the power of an eagle. He reminds us that as of our spiritual light becomes stronger, it is more amenable to others who *seek* this knowledge. (1/6/98)

What I would like you perhaps to think about this time, is that as your earthly years go forward, I want you to consider how it affects your spiritual selves. For example, is realisation there that as you approach say for instance you my dear friend, who is now in the winter of your earthly years, how much it contributes to that lightness of the spiritual self. Have any of you considered this matter?

Les: Yes, I have the advantage there of course, being the oldest here. And of course, the onset of years, which is so inevitable, has made me think much more profoundly of the spiritual content of myself here and hopefully what I am going to experience when I come over to you.

Yes, but do you not also understand how much more you can give to those who are younger in their years?

Les: Oh yes, I beg your pardon.

Continue please.

Les: Yes, I do accept that too and I have often thanked those in your world, for the privilege I have had during my lifetime here, of passing my information and learning onto others.

Yes, but that is why we on this side of life, speak so often to you as being *beacons of light*, because as you grow older in your earthly years, so that spiritual light becomes stronger and is more amenable to others who *seek* this knowledge. As you become older in your earthly years, so the spirit comes to the fore and the earthly body, the earthly thinking, should begin to take second place, you understand?

Les: Yes, I think we all understand that. But of course, we can never fully understand it until we reach the age when we can accept it, without even having to think about it.

That is the purpose of life, is it not, that there should be no seeking, but that the inner self, the inner knowledge is completely at one with itself?

Les: Yes, you put it better, that's what I meant when I said I have the advantage of years, because my colleagues here cannot possibly yet, have experienced, what I've experienced, because of the additional years I have.

But I would say this to you all: Why fly with the wings of the sparrow, when the power of the eagle is within you all, no matter what your earthly year? That knowledge is innate within you all, from the time of what you call birth and what from our side we call '*death*,' as you would phrase it in this world.

Les: Yes, that we do accept and understand.

That knowledge and power is within each of you, from that very beginning, but what I say to you my dear friends is that as these earthly years pass, so the mirror of your lives, of *spiritual* lives, should become much clearer; that all mists and — how can I say to you, all

distrust of the earthly body, should manifest itself, in allowing the truth of spirit to come forward.

Les: Yes I think I would be right in saying — and I'm sure my colleagues would agree that even though they haven't my years, because of your teaching and the teaching of others here on occasions, they have become more aware of the ability to fly as an eagle, rather than as a sparrow, than they would have had, had they not been privileged to have your teaching. I think you all would agree with that wouldn't you? (*General agreement*)

Of course as we spoke before, the inner self, that part of you which is the real you, has this knowledge; but when you are clothed within these physical bodies, so much is lost to the thinking. That is why I have come to teach you about the power of your own thought; that is what has been lost, that is what must be found, if you are all to truly fulfil your true passageways in this world. You have to allow that inner self to come forward in every area of your lives and thinking.

Les: Yes, you have told us a number of times that we must always think of ourselves primarily as spiritual beings and not as physical beings.

I will always reiterate it for you, because it cannot be expressed often enough to you, because your earthly memory is not good at retaining the vocal words used here, you understand?

Les: I think everybody follows Salumet, don't they? (*General agreement*)

What of this inner voice that we are supposed to have?

Jack wonderfully expresses what many think, giving Salumet the chance to explain more deeply. 'Only when the thinking becomes still, can you *'hear,'* as you put it, *hear* and understand that inner voice. It is a *knowing*, it is not a voice.' (31/8/98)

Jack: Yes, can I ask for a little bit of assistance please? (**Yes.**) I've been meaning to ask you this for a little while: Can you tell me about this inner voice that you have? Is it a spiritual voice telling you what you should or shouldn't do, or whatever it tells you? I think mine's blocked up, or I haven't got one or something. Can you enlighten me a little please?

Yes, my dear friend, (*Thank you.*) I have known of your confusion for some considerable time. You seek too much too soon; the still inner voice is within each one of you, but to know of that inner voice, you must *still* the human form and I have to tell you, your mind is rather active in this area.

Jack: I would concur with that.

What you need to do my dear friend, is spend more time in quiet isolation and allow that stillness, that quietness to surround you. Only when the thinking becomes still, can you *'hear,'* as you put it, *hear* and understand that inner voice. It is a *knowing*, it is not a voice. You understand this I know.

Jack: I do, it just doesn't seem to work.

Yes, because you are seeking too much too soon. Be patient, I have been trying to help you, but as in all matters of the soul, we must take each step slowly. It will come, but you must have patience — and I don't mean to be unkind with my words, but it is something perhaps you could also learn — a little patience.

Jack: Probably true yes.

Yes, but we will try to help you. (Thank you.) Now that question brings me to what might help you this evening my friend, because I ask that each one of you, consciously sits to try to allow others to impress upon you, to help you in your understanding. In order to do this, perhaps you will go into the quietness and the light and see what comes to each one of you. Can I leave this with you my dear friend and I will work quietly with this one.

(Eileen)

Les: Yes of course and as usual, if need be we shall talk quietly, but there will be no loud noise.

I would be most thankful. Know that I leave you this time, know that I am here to help you if you need my help at any time.

Les: Yes thank you and we do appreciate that. God be with you and our love goes with you also.

We then sat in silence to see what would happen and Les suggested that we imagine a light coming down and surrounding us. He then began to give advice to some of the circle, about various things:

He gave advice to Mary concerning her finding more time to follow her spiritual path. He suggested that Paul should write the pros and cons of things down, to help him make decisions. George was asked to be less intolerant and Sarah was told her development would increase and be considerably greater and will approach the standards seen in others, but work in other directions has to be done.

There then followed one through Eileen:

I wanted to say to all of you, do not be discouraged by your spiritual development, because I can tell you — all of you, that your development surpasses what you probably believe to have happened, with each one of you. I speak from experience; I devoted 60 of your long years, when I trod this Earth, in devotions, in solitude, in many menial tasks and I thought I must have a place in God's house that befitted my life when I lived here. Let me tell you dear people, that the work you do, far out does anything that I achieved in those 60 years. I just wanted you to be encouraged. Be patient, listen to your hearts and know that one day you will gain what you truly deserve.

Les: That's very, very kind of you to come and tell us that, it does give us encouragement and we appreciate you being with us.

I desire only to help and uplift you.

Les: You certainly do that.

Having the knowledge that you have, is all you need to help you forward in your spiritual task. Keep this in mind and know that each step of your way, there is always someone with you. (General thanks) I will not end with God's blessing, I will only say **know yourselves**. At last I too have learned this great lesson. I thank you for your time and your patience and I desire only that you continue in your quest for spiritual unfoldment.

Les: We can assure you that we shall all do that. And again, we do thank you and our love goes out to you. God be with you.

[We should not allow ourselves to become overly serious](#)

We should live in balance with our spiritual growth. There should be much happiness during our seeking. (7/9/98)

I feel there has been among some of you, much serious thinking.

Les: Yes, you're probably right.

I want to say to you my dear friends: Do not be so harsh on yourselves. You, each one of you, are travelling in the right direction, but may I say that this knowledge that you gain sometimes leaves you a little serious about earthly living. Remember my dear friends, that life here should be balanced with your own spiritual growth. After all, you came here for a purpose and there is nothing which says that your life should be so serious. Remember each one of you, that as your day on this Earth closes, if you can truthfully say, you have tried your best, that you have caused no ill to any man, either by word or thought, then indeed you should be grateful for that. So, be like the small children on your planet; seek but find pleasure in that seeking. Happiness my dear friends, is your right. So you see, take each day and thank the *Great Creative Force*, for the opportunity of growth and the opportunity for happiness in your lives. If I may say this to you, patience amongst mankind is not something that is widely spread amongst you, but it is something that each one should try to cultivate in their daily living. Do you understand my friends, what I say to you?

Les: Everybody clear on that? (*Affirmed*)

Know that you grow, but know also that happiness and light are your right. So if I may use an expression from your world and say to you all: *Lighten up my friends*. If only you could see the shadows which you bring to yourselves, in these moments of harsh judgement, you would quickly dispel those thoughts, and again we return to the power of your thought. So I am saying this to you, because of the deep work which we do and the nature of the deep thinking, I want to say that for the next two times we come together, there will come from my world, those people who will show you the joy, in being light-hearted. It is something to be cherished and I hope that having this break from these deep matters, it will help you to understand the joy in this world that is yours.

Les: Well we shall certainly look forward to that. (*Agreed*)

And if I—do you wish to continue Salumet?

Please speak.

Les: It's interesting that you should say that, because your instrument doesn't know that at our meeting last Wednesday, it was devoted to light-heartedness. And children I saw—well there was a communicator from the other side whom we know as Norman, who looks after children and brings the spirit children to us. And I knew something out of the way was going to happen, because I saw him with me, and the children decided to have a fun evening. Believe me it really was hilarious and they were presenting everybody with picture-book details, that they had read here and everybody was being visited by various animals, who winked at them, sat on their laps and all the rest of it. It was really the most amusing Wednesday we've ever had I think—I can say that without any doubt and they must have heard the laughter next door.

Yes, I want you to know and understand that joy and lightness and what better for you than your laughter—these things were given to you for a reason—they are part of your living—they should be used to the full. And I do not want you to think that in your spiritual development, it is necessary always, to be so serious in your thinking. Some of you—I have received your thoughts, that you are discontented, by the progress which you make. My dear friends I say this to you: Be dismayed *not*, because you cannot see your own spiritual lights. I have told you that you have come far and although your own awareness is not such that you can see these things, I would like you to accept my word,

in telling you that each one of you shines more brightly. So we will show you some more light-heartedness from our world and although sometimes it may seem a little bizarre or strange, what does it matter, if it brings laughter to your hearts, joy to you—light-heartedness—has it not achieved what it was meant to achieve? (Of course.) So I say to you my dear friends, make great use of what is coming to you and afterwards when I return to you, then we will spend an evening on much more deep matters, which we have not previously discussed. So perhaps you would say, you are having another one of your earthly sayings, *a lull before the storm*. (Chuckles)

Les: Right we have been warned—we certainly look forward to that.

All teachings belong to another (teaching) and so begin to take shape as a whole

A profound statement that Salumet explains. (30/11/98)

So presumably everybody understands fully the need for development of the spiritual selves, is that so? (One or two affirmations)

What is important also my dear friends, is that you begin to see, that all parts of my teaching to you, begin to take shape, that you can see that each teaching, belongs to another, that it begins to take shape as a whole, for your spiritual growth.

Les: Yes, you're quite right, you did mention this a long time ago, that each teaching was dependent upon another.

Yes, it takes much time and you are patient, you belong to a group with much dedication; therefore, it is now up to you to process what I have given you, in order that you may help yourselves. Do you understand my dear friends?

Sallie: Are we just helping ourselves though, is it just for us?

No, no we have discussed this, your purpose in this life of course, is dependent on why you have returned, but it would be a selfish life, would it not, if it was only for your benefit? All people you come into contact with, benefit from each other. Remember, that you have chosen your life's plan before you come. The soul knows that plan and it is up to the soul to guide you, if you will allow it to.

Les: Does everybody understand that now? (General agreement)

(Les reiterates the importance of our answers, so that our unseen friends who are also present at these meetings, know whether we understand/accept the teachings or not.)

I only wish that I could show you, the many who surround you, who are with you and are there to help you, if you would but accept their guidance — you should never feel alone, in any situation in your lives. When mankind begins to realise this, then he truly will be walking the true pathway of living.

Everything is interlinked!

The English poet John Donne's created the famous expression in his Devotions (1624), **'No man is an Island, entire of self. Every man is a piece of the continent, a part of the main!'** During a discussion with Salumet, Les referred to this inspired quote which basically says that 'absolutely everything is interlinked with everything else'. (30/11/98)

Les: 'No man is an island.' Who said that?

Sallie: I don't know.

Les: I forget, but it sticks in my mind — some well-known author and it's quite true and with the teachings we're getting here, that should be of paramount consideration, always, that we are part of a whole, we are part of the creative energy. So how can we be separated? We cannot.

This is what most find difficult to accept. They see themselves as human forms, if you like with the spiritual aspect, some vague thing, that belongs to them. Instead, you should be looking my dear friends, at the other aspects; you should be Spirit first and foremost. The physical being is the *lesser*, remember this always. It is a convenient vessel for your soul, in this *one lifetime*; that is all. Try to keep this in your minds.

Focus on the now

Do not dwell on the past so much. **'What you should be thinking about my friends, is *this moment in time* — *THIS moment in time.*'** The past and the future are not important!! Having been reminded of this, a lively discussion ensues which is wonderful food for thought. The evening starts with George asking a question about historical facts. (1/2/99)

George: Perhaps I could ask a question about the Earth entities, which was a recent teaching. Since then, I have reread the account of St. John's vision of the future, on the island of Patmos, in the book Revelation. I think he describes some of the Earth entities in that account. He talks of 24 elders, and 4 beasts and a number of angels. Would these be the same Earth entities that was part of your teaching?

I understand your words my dear friend. Have I not told you that on this earthly planet, there have been many masters of vision? I believe we discussed at great length, the subject of those who have what you term, fore-vision. And I will say to you only this: That in accordance with their visions of the time, they were open to much misinterpretations. They could only at their own time in existence, express their visions, in the terms of that particular time. What is at fault in this day and age of your planet, is that mankind sees himself, as the all-knowing, when in fact in many instances, he sees only what he wishes. But I will say this to you, it is of great matter to you I know, but I am puzzled why it should be so. Yes, that vision *had* its parallel, with what you see today and what has been said. But remember always my dear friends, that much has been said in your world about those masters of vision, which has been fabricated, it has been used for their own ends. Do you see?

George: Yes, thank you.

Les: And it still happens George—listen to some of the church sermons, if they are not fabrications, what are?

But also much truth is given, but the problem I believe is in sorting out what is truth and what is fabrication; that is the difficulty in your world. But I hope my answer has been helpful to you.

George: Yes, thank you.

Les: Don't forget that the effort in those days, was to give descriptions, not necessarily of what he saw, or was aware of spiritually, but to give a description, which his illiterate followers could understand. (Yes) So forget it, it's gone past, dead; it doesn't matter what he thought or said. You will never get to the essence of his spiritual knowledge, or desire to educate spiritually. How could he do it other than be parallels and parables?

Yes, may I say a few words to you all my dear friends? (Yes please.) What I would wish to say to you this time, much has been written of your future, much has been said of visions my master upon your Earth. I will say this to you, and I hope my words sink deep within your soul: What you should be thinking about my friends, is *this* moment in *time* — *THIS* moment in time. Why are you so interested in what is to come? Are you not wasting those precious moments, when you could be living *now*, not in past times, not in time to come, but in the *here and now*? That is where your best efforts should be concentrated. After all, your future as you call it is the result of today. Do you all understand this? (Affirmed)

Les: George, may I go back on what you asked, I think it applies to us all at different times, or has done: What use is it for your spiritual development, is the constant questioning of the past?

George: Well it's just that I've always had an interest in the teachings of the masters and the visionaries of the past and it's been an interest and I've felt that there has been a reinforcement of the truth of the present, in some of those old teachings.

Les: Yes, but you have progressed beyond that or should have done, by attending this group. So why keep treading on the heels, when you could be leading what they did? Is that a sensible statement?

George: Yes that is a sensible statement. I have been writing a book, which attempts to link the past, the present and the future and hence my interest in past statements, and being able to present a case involving knowledge from various times.

Les: Yes but you're still going back into the past. Why not let the future itself emphasise the past? It would be automatic. I can see your point and I don't wish to sound as though I'm criticising, I'm merely trying to understand why you spend so much time in the past, when you could well be concentrating more perhaps, on your possibility of automatic writing, which is more important.

George: Well I still assign time to that.

Les: But your mind is still full of the past, so those who are trying to use you George, are being blocked. Had that occurred to you?

George: Well no I don't think I accept that. I don't live in the past, I only have passing interests—

Les: How do you know it's not affecting your mind? You say you don't live in the past, all right I accept that, you live a daily life, but you obviously are spending a lot of time dwelling on the past mentally, when you could perhaps be giving more time in the silence, or to be asking for help in being used.

George: Well I do devote daily time to that.

May I speak please? (Yes please.) This is a hic-up of an educated gentleman, who seeks correlation between all times. There is nothing wrong with this, but what he does not fully realise, is that he needs no affirmation, of what has been given. What you must do my

dear friend, is allow your own spiritual self to come forth, and then all information, past, present or deemed for the future, will take shape in your spiritual thoughts, in order that there is no *necessity* for the constant seeking. You must allow that inner knowledge, because each one of you has this knowledge within, if you will but allow it to come forward. Each one of you if I may say, knows within what has gone, what your present time should be and what you should be seeking for in your future. You seek only the future, in order that you may grow, that you may grow *spiritually*. Again I have to say to you my dear friends, there is too much separation, between what we call spirit and the physical being. Your physical selves should become but a mirror, a part of that spirit, which should shine forth, as you grow in understanding. But in each of you, there lies the difficulty in understanding what I say to you. You must allow all physical interest, to be placed where they belong, and I know you will say to me that you are living physical lives. Yes of course, but WHY are you living these physical lives? Because your spirit has returned you to this planet, in order that the spirit may grow, that the consciousness may expand, and in this lifetime my dear friends, in order that each one of you, may in your own way, spread the truth, the ultimate Truth. *That* is the purpose of your lives and until you can place your physical beings where they belong, you will always have these difficulties. I am trying to help each one of you. I can only do so much, because again I have to say to you, that your freewill obstructs much that you can gain. Although we have taken great strides since we came together, there is so much still you do not grasp or understand. You *HAVE* to find yourselves, you *HAVE* to go within, you *HAVE* to know what is important in this lifetime. And I say to you, let us begin with dwelling on this moment *Here and Now*.

Les: If I might carry on Salumet for a moment, (**Yes**) perhaps my own experience might help my friends. I don't talk a lot about what I do or think, but I went through these problems many years ago and I had to decide of course, as Salumet said, what is the difference, and how to separate the physical from the spiritual. It can't be done in a physical sense, so we come back to thought. Years ago, when I used to get all hot and bothered about things, and get the typewriter out and do a nasty letter to somebody about something I objected to on TV. Then I began to ask myself, will it make a difference? I came to the conclusion that my pitiful letter, amongst the many thousands I get, possibly taking an entirely different view was pointless. So I came back to the question of Thought. I am trying to usurp the powers of other people, who can direct those thoughts. Let me do so and so, when I pray, when I ask for help in this direction or that direction for somebody, that my thoughts be issued, that they should be helped by those who have the power, the knowledge and the ability to influence the thoughts of others, not by physical pen and paper, but by mental persuasion in some way or other, which is beyond my understanding, but which I accept can be done, if it is asked for in the right way and for the right purpose. Is that clear to everybody? (*Affirmed*) And I would suggest that if you also instead of getting hot under the collar as you must do sometimes being physical beings; disregard that feeling and think well, what's the point, if it's not affecting the person, whoever it is those thoughts are directed against from me, it's only affecting me; it's negative thinking and that is denying my spiritual growth. So accept the fact that there are those with much more knowledge, much more ability and much more wish to do, what I wish to be done—so leave it to them. You don't put a car in a garage for an overhaul and then stand there telling the mechanic what to do, do you?—Unless you're a BF—leave it to the man who knows, leave the application of the right thoughts, to those who surround us and who have the ability to take our thoughts, into the

right direction, for the right purpose. Any comments on that or can you accept what I am trying to say? (*Affirmed*) So disregard the physical and one's own physical desire to kick someone in the pants, it doesn't serve any purpose. Pass the responsibility, which you are entitled to do, to those who have far greater knowledge, far greater ability, to perform, what you wish to be performed. Follow? (*Affirmed*)

George: Yes, reinforce *their* ability, with your good thoughts.

Les: Absolutely, you shouldn't have bad thoughts anyway, as was said to Sallie, if you don't have bad thoughts, they haven't got to be undone. So try and make sure—and it's not easy I know, but try and make sure that the thoughts are not bad. Right, any further questions for Salumet?

I think this time my dear friends, there are enough thoughts being studied. So I would say to you all, that I hope my words once again, bring to you time to think, time to come to know yourselves a little more. After all, it is only in so doing that you will realise that each one of you, each one of you at your own stage of development, also have your own thoughts, your own problems to think upon. But if you allow yourselves to come forward as I have told you, then none of your problems would exist. I would say kindly to you my dear friends, that at times you truly make your own lives most difficult, by your thinking. So I will leave you once more, to ponder on what we have spoken about this time and know and understand, that as we continue, many things will become more clear, but only when you allow that spiritual self to shine forth. You are beacons my dear friends, it is time now for you to *shine* and allow others to see; not from your words, not from your actions even, but from that spiritual glow, which surrounds you all when your thoughts are in place. Know my friends I am close to you, and until such time as we come together once more, I say to you only this: Allow your thoughts to be of purest kind, hurt not another one of mankind, because they after all, no matter what their physical situation, belong to that same energy and as such, deserve the same kindness and caring that you would wish for yourselves.

Les: Thank you for those words and for the wisdom you have given us tonight.

Heaven on Earth

We are not just responsible for looking after this planet, but we also have the power to fundamentally change it, to create 'Heaven on Earth'. Salumet explains in the following exchange (23/8/99).

Before I speak with you this time my dear friends, I would like to ask a question? (*Yes.*) I wish to say to you, and it matters not which one of you chooses to reply, what is your perception of this your planet, this earthly world? What is your own perception of it?

Sallie: I think it has the potential of being the most wonderful place one could imagine.

I accept that—and it is a clever answer, which indicates to me that your consciousness is more raised than you yourself accept my dear. This world you live in is but very young in its existence as you know, but what differs from many other planets is that you people as human beings have so much influence over it.

Lilian: More than if we were on another planet, more than other people on other planets?

Because all what you are and the planet to which you belong, there *is* a slight difference.

This I wish to try to explain a little to you this time. (*Thank you.*) You know my dear friends

that as far as awareness—consciousness of that Divine Intelligence to which we all belong, the human race in this world is very young. I have told you, there are Masters who walk amongst you, but they are few in number; mainly the human being upon this planet is young in consciousness. But what I wish to explain to you this time is that what you perceive this planet to be is what this planet becomes. Do you understand those words, firstly? *(General agreement)* You do?

Lilian: We have to take care of it.

It has a deeper meaning than being responsible for the planet. You human beings upon this planet were bestowed with your own free wills; this you know is essential for your living here. Therefore, what you perceive is what becomes your reality. Therefore, you might say if you accept this aspect of teaching that your world is in fact the conclusion of what each and every one of you think. Therefore, you might say the world as you know it is an illusion. Do you understand what I say to you? If you do not, my dear friends, let us stop and discuss it now.

Lilain: Does everyone understand? *(General agreement)*

Because you are spirit, what you perceive by your mind is in fact illusion within this world; because of your free will you have and use daily many thoughts, which are in fact not reality but illusion. Therefore, I say to you my dear friends you are living now within a world of illusion that can be altered, that can change to your will. Therefore, we come to the statement made by the lady: This planet has the potential to be what you human beings call *'heaven upon earth.'* Can you accept this statement? *(General agreement)* I don't wish you to accept it lightly, because the meaning is deeper than you would at first accept. *(Yes.)* So, we are in agreement; therefore, if this world based on illusion of your own thinking—and again I speak of mankind generally—where do you go from here? Can you answer this, please? Do you know?

Sallie: I know what I *think*. I think it is a question of raising awareness, *(Yes.)* and as awareness is raised then the consciousness of more people becomes affected, *(Yes.)* until enough of us are thinking along similar lines so actually affect a change in the illusion.

Yes! This lady speaks wise words. My dear you have grown much in past times, you are growing, growing, growing. She is right in what she says that because each one of you, each human being upon this planet is Spirit, you have the potential to become 'one.' In becoming 'one' you would be a planet transformed. If consciousness was raised to join together as one, then indeed you would be in heaven on earth. You follow my words so far? *(General agreement)* ***Therefore I say to you to seek that divinity which each one of you ARE, you must go within, raise that consciousness so that illusion is reality, that you have the means my dear friends, to change all that is in, around and about you. Do you understand what I say?*** *(General agreement)*

[Do we need to experience all forms of life to be able to move forward?](#)

This frequently asked question is addressed through Colin's question. (8/11/99)

Colin: I have one more. At the moment in this incarnation I am learning in a human being's body in a physical body. To gain *all* that knowledge that is there in order to go back to the Source, what other things must I do—I mean we have plant life, we have mineral life, we have animal life—to obtain the knowledge of the Source? Would I not need to experience those forms of life at some stage?

You *are* experiencing those forms of life. You, my dear friend, as each one of you are, are the *whole* of all of the elements that belong to this world and to the Cosmos. Every human being is a small part of the *Greater Cause*. After all, what does a human being consist of? You consist and need all of the elements around you, you need the air to breathe, as does animal and plant life and all sources upon this world; you need water, you need earth, you need fire and, you see, my dear friend, all of these things are contained within. Therefore, to find the understanding, to seek and to search, you must go inwards if you are to become focussed on that *Divine Energy* from which you come. *All* is within you; if only you human beings would realize this, so many of life's problems would disappear. You do not need to separate yourself from plant life, from animal forms, from the air you breathe, from the water you drink, because you see, you all come from the one *Source*, therefore you all have the same elements of energy. Do you understand what I say, what I am trying to explain to you? (*Affirmed*) Each one of you is individual and yet, as the others within this group know, you all need each other, you all *intertwine*, because you all come from the one Source. Therefore my dear friend, I say to you, look not outwards, but look *within*; there lies all your answers of this lifetime, not only this lifetime, but the many which have gone before. All knowledge is within you. Use it wisely. (Thank you.)

To be truly compassionate it is better to be vegetarian

We must have compassion for the animals on this Earth as they too have a right to life.
(8/11/99)

Lilian: Can I ask you about the food that we eat? It's quite obvious that more and more people are becoming vegetarian. Is that in any way helpful to the spiritual self?

I believe when first I came to you, this was one question put to me. If you can remember, I will state briefly for you what I replied then. My answer to you was this: That it would be best to refrain from giving animals for food, but it depends on the purpose of why you would wish to eat their flesh. In itself, it is not wrong, but for your spiritually, I will explain this once more. To have true compassion, you must have compassion for all things upon this planet. Again, we come to freewill and your purpose for eating the flesh of an animal. If that purpose is to sustain life, if you thank that animal for the flesh it supplies, then you have in part helped yourself to that state of being, which helps you to gain more knowledge of the animal kingdom. Do you understand?

Lilian: Yes. Unfortunately, I don't think we remember that enough.

I would say to you, in this world of yours today, there is too much suffering when it comes to the farming of animals for food.

Lilian: Yes, but people are beginning to realize that, I *hope*.

As awareness grows, so too does the knowledge that the animals have as much right if not as much or more as the human beings who tread this planet. That would apply not only to

the larger animals, whether they be domesticated or in the open spaces, but to all forms of life. Without respect for all things, you cannot grow; and remember too, that when you come back home to this side of life, you will see all that you have thought, all deeds that you have done and you, and you alone, will be responsible for those deeds. So, my ultimate answer to you is that it would be best to refrain from the eating of flesh, but again it depends on the reason why you do this. Again, there is no *one* clear-cut answer and there is in your world much dispute about this subject, but be careful not to judge, because in judging unwisely you create another problem. So, remember my dear friends, judge not, because until your awareness is such, you could be making a mistake about another human being. Therefore, I say to you, judge only yourself if you must, and I say to you this: that in doing just that you also can be making an error of judgement.

Breatharianism or living on Prana (God's light)

Sara asks about this interesting topic that some claim to have mastered. Salumet states that there may be a very few 'masters' who could survive for a while without drinking or eating, but these are few indeed. The physical body requires sustenance to survive. (23/10/00)

Sara: Last night on television there was a programme about a lady who claims to live on light—on prana. Can you confirm whether this is possible or not, whether the lady is in fact genuine?

I understand what you say. Those of you who are clothed in earthly garb, have to survive with a physical body. In order for that Spirit to survive within that earthly body, the soul would have to use that body wisely and, although many people would claim to be able to survive on what you call 'life', I would say to you that it would be impossible, unless that soul has existed before and has come to this lifetime with a particular purpose in doing so. After all, your earthly body needs what you call water to survive. There are I would say, a very few masters in your world who could survive for some time, but not all of your earthly time without sustenance. Does that answer your question?

Sara: Yes, thank you.

What happens, if I may continue, that when the body is deprived of earthly food, earthly water, that is what is needed to sustain the body, the soul then retracts and you become aware—you are in a higher state of consciousness, and many people attempt this in your world. That is no bad thing of course, but the soul has to return to the earthly body to survive upon your earthly planet, therefore it is not wise to neglect the human body for too long. If, indeed, that lady you have mentioned has succeeded for so long, she risks the health of the bodily overcoat and she may find that her lifetime expires more quickly than indeed it should do.

Salumet speaks about the state of our planet and what is to come

Salumet has given many observations about the state of our planet and what is to come. The following is a teaching on both topics. (3/11/01)

What I wish to say to you this time is that we *are* approaching a time within your world when there will be many challenges, there will be many challenges within the scientific fields, the medical world, but what will be the most challenging of all will be the changes within all of your religious groups. I mention those three groups only because they are a large part of your world, but there are many challenges in all areas of your living; but what will come with these challenges and new knowledge will also be the awareness of the spiritual that goes along with these changes. It will be but one small step, but I can tell you that from the next one of your earthly years, there will be the beginnings of change. I know that with your own thinking and feeling from Spirit that you will become aware, as all your world will become aware of these many changes. But mankind, is progressing along the pathway that has been intended for you all. Not since your many ancient civilizations when they were keepers of much knowledge, will there be as much knowledge in the times to come; it will be on a parallel with those civilizations. You understand what I am telling you? (*affirmations*) The knowledge that has been lost to humankind in those what you would call ancient times, is being reawakened, very slowly, but we will make sure this time that mankind will not destroy this knowledge again. But of course, mankind has greater intellect in these ages. Mankind, as individuals, has more thinking power for himself, therefore he has in a way become a little more *feeling* than those in past times—those of knowledge allowed so many negative feelings and thoughts to interfere. But it will not happen again no matter how often you are told that mankind will destroy himself. That time is passing; mankind's spirituality must go forward. So, my dear friends heed my words this time, because you are to the forefront of having this knowledge given.

George: It's a great privilege.

There is not one individual who has not grown in some way over the last year

We are not always aware of what we have achieved spiritually, but assures us that we have grown. At this, the end of another year, Salumet gives an exercise to consider the word 'humility', to be continued into the new year. (17/12/01)

Oft times what you have achieved spiritually does not come to the forefront of your thinking. So, I would say to you that mostly you are unaware of what has been achieved. This past year of your earthly time has been an important one, not because of any event which has occurred upon this planet, but in the scheme of existence. There is no one individual who lives within a body, who has not in this past year of your time grown in some way. You are surprised by those words. Let me say this to you my dear friends: You know that this planet you call Earth is but a small part of the whole. (*affirmations*) This past year of existence has seen a new beginning in the *karmic life* of this planet, and this

cannot be so if the planet's inhabitants do not also evolve. That is why I told you earlier in this year of your time, that by the end of it, each one of you would be slightly changed—and it has been so. I would ask you now my dear friends to reflect upon the words you have spoken this time. Consider them well, look deep within and you will see new beginnings. Of course, you well know that each one of you, because you travel different pathways, will individually develop differently. But all I will say for this time, is that friends your achievements are something that you can be pleased about.

Lilian: Thank you. I feel we don't always see them ourselves.

You do not, there is so much doubt and fear and self-denial with you human beings, that sometimes when the light shines brightly, you yourselves are the very ones to dull the light. Do you understand my meaning?

Sarah: Is it the doubt that dulls it?

Yes. Too many doubts, too much fear, too many of life's problems that *crush you*.

(affirmations) **But now you must go forward and as some of you have said, the recognition of being stronger spiritually, is a great achievement for you. So do not doubt that which comes from within, because that inner knowledge is what you truly are. Let no one place doubt within your minds as to what you can achieve. Would you be surprised my dear friends, if I was to say that *all* of you, all of you, including those who are not here with us, have in part achieved that spiritual gift of *humility*? Do not think of 'humility' in human terms but try to relate humility in the spiritual realms. That is something also that you can ponder upon—humility—what is *spiritual* humility?**

Lilian: Is it similar to teaching physically?

Not at all. Think carefully and long about that question I have raised with you, because my dear friends, when next I return to you, I will be looking for your answers. I repeat to you, *what is spiritual humility*?

Lilian: Yes, we'll think about that when we sit quietly and try to come up with the right answer.

Do not allow doubt and fear to come into that equation.

Salumet invites the group to speak individually and also gives individual counsel. These can be read in the transcript file. Some members of the group mention emotions sometimes getting in the way or controlling us for instance. A summary of what was said is included below together with a question about expressing tears. (14/1/02)

I say to you that you have grown much since you have been doing this task, shall we say—your light grows brighter, which is—you are correct when you speak of emotions controlling you at certain times. But again, you are human as all of you are, but the secret is that you must control the emotional body in order for the Spirit to go forward. This is not a criticism, nor is it a judgement, but is said, my dear friend, to help you and when times are indeed stressed, as they are in all of your lives at some point, then I say to you: go to the quiet space within and you will be uplifted, guided and helped in order that you can deal with any situation and go forward. (Yes.)

Sara: Can I ask a question? **(Yes.)** Regarding tears in crying, would you say it is healthy to ease the pressure sometimes? It is something I have always wondered, because not

everybody cries, not all women cry for example. Do you think it is healthy if it is quiet and it is alone, and you are relieving stress?

It is neither healthy nor unhealthy, you must go by each individual. Some individuals have more emotional capacity. I am not saying whether that is good or bad, or better or worse—it is the nature of the individual. If tears release tension, then I say what harm can it do? It is of course, emotional and belongs to the physical, but you know the Spirit also *feels* and that belongs to the spiritual. There is a difference and perhaps I may suggest that that is something you may wish to ponder upon and ask for guidance and help in receiving the answer. In that way you are growing, and you are also developing and helping further knowledge of what you feel. Do you understand?

Sara: Thank you, yes, I think what you are saying is probably that with greater detachment, **(Yes.)** it becomes less necessary, **(Yes.)** because then there wouldn't be over-sensitivity—**Yes, if the Spirit was to the fore, then there would be no reason for the tears.**

Sara: I understand yes that makes sense.

Connection between the physical, spiritual and all creation

Salumet explains that we should find connection between the physical and spiritual, but also between the spiritual and the rest of creation! This is best done in quiet times and within the meditative state. (25/2/02)

This is a time of growth for each one of you. This I have told you and throughout this coming earthly year I will continue to remind you. This time, my dear friends, I would like you to consider what part you play in your own spiritual growth at this time of your own evolution. Would anyone like to say what they feel?

Lilian: I think more listening to the inner self. **(Yes.)**

George: I think I shall endeavour to reach more people with the message through distributing the book and I shall endeavour to do more writing, and I feel there is also some natural inner growth happening in relation to family and young children and bonding with people more. There is also a growth in awareness and understanding things and thinking through some of the problems of understanding spirituality. Those are my feelings.

Yes I understand your words. What do you suppose your position now relates to the spiritual aspects of living, not only on this Earth plane, but in far-reaching planes of Spirit and the cosmos? Can you find your own purpose or are you still afraid of seeking out that inner truth?

George: Yes, I have hesitated in speaking out sometimes in the past, but I think I am getting beyond that; I think conditions are becoming easier. The deafness is still a little problem in communicating.

Yes, but do not worry about physical conditions, we are helping you with this. What I would like you, my dear friends, now that we have reached this point of understanding, is to look outwards to find the connection, not between the physical and the spiritual, but between the spiritual and the rest of creation. This is the step which we hope you can take in these coming months, but to succeed in this way you have to have some kind of understanding of your inner being. I know each one of you tries so hard in expanding your

awareness, I know each one seeks that inner voice, but now has come the time for that understanding and awareness to seek further. Do you understand what I am saying to you?

George: Yes, I think I've got that. I shall have to think about that some more.

Which of your qualities do you think has grown the most?

Salumet starts the evening by asking this question which proved hard to answer. Nevertheless, the group members had lots of ideas that were confirmed. (13/5/02)

This time my dear friends can you feel the unity between you? Each one of you is now aware of your own growth when it is in relation to other people. By joining together like this, the bond strengthens; I think you would agree? (*Agreed*) I want you to think not only of the unity between all of you within this room, but to think of where you are placed within the planet and all of the cosmos. What are you feeling when I say those words?

George: Very small and very big at the same time.

That is a very good response my dear friend. We will talk a little about this blending, not only with yourselves, but with all of existence, but firstly I want to say to you my dear friends this: Each one of you has come to this Earth plane with many qualities. You know of course that all good qualities within mankind belong to Spirit. What I would like you to consider this time my dear friends is which quality that you have brought to this lifetime do you think has grown most? This will not be a simple question for you, indeed you may have to think about it quite deeply before you can answer. I want each of you to participate in this discussion in order that you all understand not only individual qualities, but the qualities of Spirit which you possess as a whole. Hopefully my dear friends you should see a pattern emerge.

Lilian: The pattern between ourselves?

Yes. I will give you a moment to think, then perhaps individually you can say what you *feel*. This is an exercise for you all in understanding, in knowing each other's qualities and in so doing beginning to understand yourselves. So, when you are ready, let us begin and we will all listen, not only with the physical brain, but with the mind, which of course belongs to Spirit, and with that thinking should come more understanding.

George: Yes, the first question about growth, the simple answer is that I feel I have grown in love more than anything, because that does embrace all, but growth in understanding things runs a close second. As regards the bond between us all, it is something that I can *feel* and something which is very comfortable, but I find it very difficult to define further than that.

Lilian: Comfortable with one another, very much.

Margaret: That's how I feel. I can't explain it, but when I come here I am a different person. With all your guidance that you've given me in the past and I just feel that if I didn't come I shouldn't be able to go on.

And which quality do you feel my dear friend has grown most with you?

Margaret: The understanding of other people.

Understanding; yes, well already we can see that with only two people using words, that *understanding* is already a connection. Would the others agree that this is so? (Agreed)

Lilian: Thanks to your teaching, I must say. Before we judge someone, we think about it as well.

So, are we saying that each one of you finds that understanding has become greater in all areas of your lives? (Affirmed) So already we have unity for *understanding*. May I say to you, why do you feel that this one quality should be uppermost for all of you?

Sara: Because in understanding ourselves better, we can immediately understand other people if we want to. **(Yes)** I think that the reason we are comfortable with each other here is because you have encouraged us as a group to increase our understanding and remove our judgement of others, so within this circle, through the course of time, we have become open with each other about our struggles in life and, with your encouragement, we have been able to try not to judge each other; and when you have that situation, you can then apply that to the rest of the world if you wish and if you can train yourself to think twice with other people also.

Those are important words—‘*if you wish*’—yes, enters again that freewill. Yes, it is easy to feel the unity amongst a group of like-minded people; where the greatest achievement is attained is when understanding reaches out to those in life that you find to be most difficult. Only then will you have true understanding with love. It is in the difficult moments and with people that you do not instantly—are drawn to—that is when the quality of understanding is greatest. I am sure that each one of you has encountered people upon this planet who seem to exude kindness to all people, a kindness and a generosity of Spirit which comes naturally to them. That truly is spiritual understanding, because in having no judgement of another what you are saying is that you have grown to such a degree that there is no need to judge. So, I feel that at least all of you in having this bond of understanding, you can see how, as a group of people, you have the ability to grow together. It is important my dear friends that you know this, because in the knowing comes greater understanding, greater love, greater fulfilment. And after all, as the lady has said, it is imperative that you understand yourselves fully, before you can truly understand another being. Are there more qualities that anyone would speak of?

Lilian: Mark?

Let us hear from the young gentleman.

Paul: I think this understanding in terms of judging others, having everyone as—I feel I have got the knowledge now that *everyone is equal*, no-one is any better than anyone else on the Earth.

So, equality for you is an important issue.

Paul: Yes, I think it is one I hadn't understood.

No, but you must realize that equality belongs not only to humankind, but to all kingdoms: animal kingdom, vegetable kingdom, all of creation.

Paul: I have a feeling that animals are no less important than humans.

Why do you have a feeling? It is but truth, that although their purpose upon their planet may be different from your own, it is nonetheless as important; so that the animal kingdom is evolving in its own *right*. Mankind, I am afraid, sometimes feels that the human being is far superior. Let us dispel that now. That brings us back to the word you have used ‘*equality*’.

Paul: That is what I have felt for a long time. Cutting down a tree *feels* like committing a murder sometimes maybe, because it extends to animals, trees and all life I suppose. **(Yes)** Nothing is better.

This is a good road to travel and I would say to you it *is* a lesson in this lifetime which you have found, because I would say to you my dear friend, it is not always a quality that you have possessed in past time. So, I would say to you, ‘*well done*’ in recognizing what it is you need to learn.

Paul: Thank you.

What about the gentleman, please?

Lilian: Mark?

Mark: I suppose I have learnt that everything’s important, really.

Important or less important?

Mark: Everything’s more important.

In what way my dear friend?

Mark: It’s difficult to say.

It is words I know, but I would like you to fully understand the meaning of what you are saying. All of life is more important?

Mark: Yes, it feels more important, all of life, people, the way of viewing things.

So in a sense are you not saying what the other gentleman says, that all of life is equality?

Mark: Not the same thing, no. It *is*, but I was looking at it in a slightly different way, I think, that all of life has become much more meaningful.

Ah, *meaningful*. That is a better description.

Mark: And in gaining its meaning, yes I suppose the result is then that you have respect for more of life.

So what quality do you feel has grown within yourself?

Mark: Respect for it, maybe.

Respect for life. But may I be so bold as to say to you that people who are devoid of spiritual knowledge also have a great interest in life. Do you see what I mean? It is not necessarily a good quality that so many people should worship living in that manner. It only becomes good when love and understanding *join with* that love of life. Do I make sense to you my dear friend?

Lilian: Yes, forgetting the spiritual side of things.

I feel he is confused.

Mark: Can you respect life, if you’ve forgotten the spiritual side of things?

Yes, because people cling to living when they believe in nothing else.

Mark: When I talk about life—this is words again—I’m talking about life as every aspect of life.

Existence, yes.

Mark: Not just—

I know. I hope I am not confusing you, but I am trying to point out to you the difference between the qualities of life. You understand? (Yes) Of course I know that your love of life is different from many others, because of your awareness and your understanding, but I wanted to point forth the point that love of life is not always necessarily a good quality. Can you see the difference?

Mark: Yes, if we are using a narrow view of life.

Yes. For example let me try to explain: If you have two men and you have a situation where help is needed, one of the men will give generously all of his time, effort and love

to help. Another may offer money, because he has much, but he does it for his own gratification. But on the surface both would seem to be most generous, but can you see there is a difference? (Yes) And that is the point I was trying to place before you, but of course your love of life and all things is admirable. Do the others find the connection here with the gentleman's words?

Lilian: Yes I can see where Mark is coming from.

Do the others view this also, that their love for life is intensified? (Agreed) So again we have that bond and that unity.

George: Yes, as you made the point, it goes together with our understanding.

Yes, yes but although each of you are using different words, always we come back to that strength, that bond between you. Again I say to you, each one of you is different and yet you are all connected. Can you see as we go along how strong those words are? (Agreed) Now, what about the ladies?

Jan: Well, growth-wise I personally feel that it's taken me 42 years to actually believe that I have started to understand why I am here and that is liberating, and I hope I can open that up to other people, but for the time being it's why I am related to the lady on my right (*Lilian*), why I married my husband, why I have my children and why I chose my parents. So again that all comes down to *understanding* and I know I have a long way to go, but with that understanding obviously comes a greater love for them. I think I then receive greater love and I feel I receive—the love was always there, but I feel it in a different way, if that makes sense. (Yes)

Lilian: More of a caring, would you say?

Jan: Yes, the love that you receive, you can't see it, but perhaps you give off a different light (Yes) or an energy that other people bounce back on from.

What you give, you receive in some form, but may I say to you my dear friend, as you have brought up a period of time, '42 years you say', that is but a *blink*, I believe you would say. (Chuckles)

Jan: I appreciate that but it was just my comical way of explaining that, as you are probably aware, for many, many years I struggled with who I was, (Yes) how I should behave and I believe now that I am at the beginning of how I want to carry on.

And also, you have gained in as much as in the physical sense you have much more, how do you say, 'sense of humour' about life. You did not always have this.

Jan: No, I was very much the other way to be honest.

Yes, so in that sense also, laughter and happiness spreads its wings to many people. (Yes) Yes, and again as you have said, it is basically a greater understanding of all things.

Jan: Yes. If I look at, take for example my parents and I was speaking to the lady on your right today, and I have a greater understanding of why they are like they are, or I am trying to, and I know I can't change their path, and I used to think I could and I now know I can't and I can just *accept* that that's how they are. Do you understand what I am trying to say? **I believe all of us can accept what you are saying. I think your words will—**

Lilian: We have all been there.

Yes. For many that understanding is there. But you will never achieve perfection my dear friends. In growing in the way that you have, and quickly I might say, you cannot do more. You can only join together, listen to each other, listen to my words and those of others and try to make sense of what this lifetime is about. You will never be perfect whilst in these physical garbs, but I can say to you, if only you could see the light that shines from each one of you, I know you would be amazed, because also with understanding my dear

friends comes humility and this is a quality again that each one of you has attained. Think about that also. Can we hear the other lady please?

Lilian: Yes, I sat here thinking how more I am aware of the beauty of things. Just before my friends came, my adopted cat sat on my lap and I was just thinking how beautiful, the fur and the whole cat, and the leaves on the tree, and the beauty in things I have noticed much more.

Yes, because you are using your Spirit eyes—that is the beauty you behold. And again it relates to all the others in having a greater understanding. (Yes)

Jan: I think it is very difficult to sum up in one short statement how you felt or how you've grown. I think each one of us, like you said Salumet, no matter which one speaks, we can all relate to the unity amongst us. There may be many voices but in fact there is one voice.

Yes, and that is what I wanted you my dear friends to realize this time that this bond, this unity, this awareness can never be destroyed; that as you grow whether you be together or apart, it is a bond, an energy, which has grown and become stronger and, as you know, energy can never be destroyed. So, build on it my dear friends and, as I say, life for you I cannot promise will always be easy, but life for you holds new concepts, new visions, new ideals which all of you can take aboard. I hope that before I leave you, that you will feel the love energy which I extend to each one of you. I hope that you will *feel* that within this next week of your time upon this planet, that you feel the strength and beauty of our love for you. Perhaps next time we will discuss if what you *feel* has any connection with any of the others.

Sara: Salumet, could I just mention two more words? **(Of course.)** I think I have felt much more energy, so more *dynamic*, that's another thing which I have changed **(Yes)** and *balance* as well, because the balance of giving to others and giving to myself I *feel* is better. **(Yes)** So it is good to study others, but obviously there needs to be a balance in studying oneself too.

Yes, until you know and understand the self, you will never—well perhaps that is not the correct word—you would find it more difficult to help others. You, of course, need to be balanced in body, mind and Spirit if you are to maintain a healthy outlook on living. You need that aspect of yourself to be strong as well as developing the spiritual self, but of course the two always go hand-in-hand. Would you agree?

Sara: Yes I would. And I think the other quality I've developed, apart from compassion which comes through understanding, **(Yes)** is *strength*, because I think when I was younger I was sensitive, but more sensitive in my youth to perhaps dislikes from others. Now, with understanding, I feel strong, because dislikes may be there, but they do not have the impact.

Yes. What you were feeling was the emotional side of your nature, rather than the spiritual aspect, so of course, you can remain sensitive in the spiritual sense, but you *can* forgive others for unkind things more easily, because the Spirit is stronger and as you have said, the understanding is greater.

Sara: Yes, that is right.

Therefore, I say again to all of you, think about the words each one of you has spoken and think of the unity and bonds between you.

George: Could I just say that one other factor in our unity is that we have come together for *seeking* and we have had the benefit of this wonderful and patient teaching from Source which you give us. Thank you for that. *(Agreed)*

I need no thanks my dear friend as I have said to you on occasion, it is much love from you that brings me to you. Without that bond and love between you, I could not be here; remember this also. And you also give to me much love, much help and understanding and I cannot tell you in words what you have given back to me and those from my world.

Lilian: Could I just ask a question on something that happened to my mother? It may be nothing spiritual but maybe. She had fallen asleep and when she came to she was looking towards the window and she thought that I was peering in the window; and I wasn't, in fact I think I was with my grandchildren at that moment. She was so sure that I was looking in the window that she then waited for me to come into her house. Could that have been a part of me or was that just a coincidence of her dreams?

It is no coincidence. It is the fact that she has taken a step closer to our world, that her spiritual eyes are more aware of those who are usually unseen. Of course, it was an aspect of yourself, otherwise she would not have been able to see, but it is because she has stepped a little closer. As you step closer to our world, all things spiritual become more heightened.

Lilian: I know she saw her sister, who has been gone for a while, very close. Again she came from sleep.

Yes, this is the state when all things that you call spiritual will take place. But do not be concerned, she did indeed see the aspect of you.

Lilian: Yes, I did wonder.

But it is only that the spiritual eyes are more aware. (Thank you.) I must leave you this time. As I have said, my love remains with you and I am sure that you will feel in these coming days much upliftment in your lives. (Thanks + farewells)

[Go into the meditative state to find that inner voice!](#)

Salumet has constantly reminded us throughout the many years of coming to us, that to grow, we need to connect with spirit. This is a theme that is touched upon most weeks. What follows is an excerpt of us being reminded about going within and finding that inner connection. We often lead busy lives and consequently have found it hard to find the time, but there is no legitimate excuse if we wish to progress! **Find the time!** (25/5/02)

My dear friends remember what I have told you, *all* knowledge lies within; you need only to look inwards to find it. So often we hear people say, '*but how can we achieve it?*' And of course, each one of you knows the answer: that is to go inwards in your meditative state and to find that inner voice and also those who come close to you.

Sara: I feel that I have reached a point where I can communicate who I am to more and more people, and I want to do that, and to speak as I believe. I am trying to put this into my music as well. I would like to communicate on a more expansive level that way. I feel more comfortable than I've ever felt, and I don't have enough quiet time, but I want to improve that and tune in more to nature and that part of life as well as people.

Yes, until you can leave behind the physicality of living, until you can recognize that oneness with all things, until you can recognize that that inner you, that knowing of yourself can be made clear to all; until such time you cannot grow. But you have been told

that music for you is most important, and I will say it to you once more: not only is the music important for your own Spirit, but the sound and the words of music expands to all consciousness. Did you understand that this is so?

Sara: So when I sing or play music it's heard by others too? **(Of course.)** It goes further than I think?

Much more so. You must remove yourself from thinking only in physical terms. Remember what I have told you, that all thought, all movement, all sound is energy and energy is not static; so by playing beautiful sounds you are in touch with that higher order of creation.

Sara: Thank you, that's very important to know.

Lilian: Would listening to the birds and the wind in the trees have the same effect?

All sounds of what you term *nature* can only be harmonious to your being. Have you not my dear friends when listening to the song of the birds of the air, have you not become part of that song? *(Affirmations)* Yes, this is the point I am trying to make to you, that you have to go beyond what you understand physically. You need to be in closer touch with all of creation.

Jan: I have very recently experienced I think what you are saying. I think you are aware that my quiet times are walking in the forest with my dogs and I have felt overwhelmingly part of those woods. The other day a deer ran in front of me and I stood in wonderment at this deer and all of a sudden, I became that deer and I had a vision that I was part of this creature running in front of me. I can't get enough of this wood: every stick I see, every stone I pick up, it's been a wonderful feeling, even watching the food chain—I found myself thanking the little mouse that had just fed the weasel.

Yes, because you have become as one with all things. When you reach that point of unity, then the understanding of your status within the energy of all Creation becomes clearer.

Jan: It's a wonderful feeling—

And you can have that sense of oneness with all things, not only in your quiet moments, but in every waking moment of your earthly life. It is something to be achieved by all of you, but again I say the responsibility lies with you all. I can help you, I can try to impress you, but I *cannot* make you understand that inner feeling which each one of you possesses, unless you are willing to give of it. Do you understand? *(Affirmations)* Does anyone wish to speak, with me?

Lilian: We have a visitor, *(Pat)* shall I ask her if she has any experiences?

If she wishes, I am happy to speak with her.

Pat: Just that I feel that I must give more time to my spiritual work. I lead a busy life anyway, but I need more time to be quiet and still **(Yes.)** and in that way to find the inner peace that I need.

Yes, you know full well my dear friend, because there are many who come to you, but you have an uneasiness at times about you and this is because you do not listen enough to that inner quiet voice. You do listen at times, but then physical life overtakes that quiet voice and the worries of earthly living take over. But you know and you understand that these quiet times are all important for your growth. All answers come to you in quiet times. But I would say to you my dear friend, there is much good you can do, and I would say to you that there is a pathway which will open up for you, not at this time but one that you have not considered, but will open up to you in the future and you will find much peace and much comfort from it.

The library angel

A humorous one from New Zealand. (20/1/03)

George: My friend Michael in New Zealand, he found that he has the ability to type a question on a piece of paper and a book reference will then come into his mind, and he will go along to the library, look up the book reference and he will find that it is the answer to the question that he typed. **(Yes.)** They got into the way of thinking of this as 'the library angel'. Would you care to comment on that?

Yes, that is good and humorous I feel, but let me say this to you my dear friend: That is *not* something that is unique, *you* could be capable of this also. I already feel your doubts, but let me say...

George: It is a matter of listening within, is that correct?

Yes, this is the lesson that I try to teach all of you that you must go within if you are to find the self, if you are to find the *true* self, and only by going within can you allow those others to come to you to influence and to help you. It is because he is an open channel, a very good open channel, but it is not something that only *he* is capable of. It takes time, it takes dedication and it takes listening to those who come to you to give you that inspiration which you seek. You will find my dear friend that there will be many more connections around the world for you to make. You will find as time continues that the evidence each is given will eventually be collated together and each little bit will come forth as truth, will come forth as knowledge that has always existed, will come forth as evidential knowledge to each one in connection. All of these happenings will take place, because your world, this Earth planet, no longer will be static; it must grow in spiritual knowledge. There are many avenues through which this knowledge will come. When first I came to you did I not say that much would come from far places, much to uphold the things that I told you and this my dear friend is what you are now embarking upon.

George: It is a journey with much joy. Thank you.

There is much spiritual joy to be had by you all, but again my dear friends let me say that the bulk of the work belongs to each individual. We are limited in what we can bring only in as much as we depend upon your silence and your dedication.

Becoming an open channel

Jan asks about her own imagination and what is being 'impressed' by spirit. How can you tell the difference? In truth, the less we doubt our *clairvoyance*, the more we can be given. (20/1/03)

Jan: I've wondered sometimes if I could define between my physical imagination and what I feel is being impressed upon me. I get flashes of people or events sometimes and I think to myself: 'Am I imagining that, or have I seen that?' While I've been sat here tonight the same vision that I had just recently has been shown to me again. And while I'm sat here, I'm so cold and so nervous and I'm wondering if those feelings that you say come from Spirit and why I'm feeling shaky and nervous at this moment are because that's what's being impressed on me. I can't explain it any other way.

Yes. Again, I will say this to you my dear friend that when you allow yourself to become an open channel, you will experience many things, not always understood by you earthly beings; but always because you are human these doubts creep into your thinking. The more you doubt, the less can be given to you. So, what I would suggest to you my dear friend is to allow these thoughts, this clairvoyance, because that is what is happening to you...

Jan: And that is what I desire or wish, if I can use those words that is what, when I meditate, I ask for.

And that is what you are given, but because it makes no sense, as you would say, you then begin to doubt what you are given. In being given clairvoyance—clairvoyance means only clear seeing—it matters not what the clear seeing is, it is important that you accept what is given to you. In that way, in accepting you can be given much more. Then, and only then, can we begin to work with you as a channel for clairvoyance, when you alone have accepted that what comes to you is from our world. Do you understand? (Yes.) I know how difficult, and you my dear are the one I spoke of who has had the fears. You do not recognize it as fear, but that is what it is. You have a disbelief of what is being given to you, you are afraid that what you see is not true.

Jan: I think it comes from the baggage or past lives and especially the early part of this life being told that what I was seeing was not so.

Yes, but now in this lifetime it is (*Salumet's voice becomes stronger*) time for you to understand that you are part of all things, that you are part of all vision, that you are part of giving clear evidence of our world to others. Therefore, in this lifetime I say to you my dear friend, now is the time to put to one side any doubts or fears that you may have.

Sara: Yes, we value your input every week, we miss you when you don't come, and I can vouch for the fact that some of the evidence you gave recently was true for one of our friends.

Jan: I just feel very emotional at the moment—I'm not sure why.

Yes, because at this moment you are being comforted, you are being shown the pathway that you must follow. There is much love that surrounds you.

Jan: Yes, I know I hear people talking to me all the time.

But you must take control. You have control of what you allow and what you do not allow into your life. This begins with being an open channel, which what I am talking about this evening, but when you become an open channel, you must take responsibility for all that comes to you, because not only do you have inspiration from our world, you are open to many areas that lead to our world, many areas that have to be controlled. Do you understand? (Yes.) If my words seem harsh to you my dear friend, they are not meant to be. I am here to tell you this time that now is the time for you to take control. You must in your quiet times protect yourself first, you must ground yourself afterwards, but most of all you must offer yourself only for that clairvoyance from our world which is in the name of goodness and the light. Do you understand?

Jan: Yes, thank you.

I will help you in your sleep state.

[Heaven upon Earth](#)

Salumet starts by asking what 'Heaven on Earth' might look like today. With so much greed, violence and hatred, Heaven on Earth seems a long way away for many, but we are reminded that Heaven on Earth truly comes from within. (13/10/03)

I was most interested to listen to your words before this meeting, words spoken about Heaven upon this Earth. Your conversations my dear friends are always of interest to us, because it shows how much knowledge that you yourselves have retained. I would say this to you my dear friends: Always since the existence of this planet has there been a little of what you call 'heaven' upon this Earth. In many ways has this existed, mainly through those souls who have incarnated, who have brought the joys of Spirit to this world. Those human beings who are looked upon, who exude love and knowledge and understanding, *they* are heaven upon your Earth. Also, there are the words of what you term 'the ancients' which have come to light over many eons of time and of which you humankind are so fond of rewriting. The spoken word as well as the written word has always been a powerful tool of communication for mankind. I would say this to you my dear friends: What do you suppose would be your heaven upon Earth within your present time? Would someone care to answer?

George: We are very fortunate to have your teaching on this and it was during the first few months when you came to us that one asked the question: *'Is it possible to have heaven on Earth?'* Your answer was simple and apt and in the affirmative. Much later, quite recently, the subject came up again and I think it was about the time you were talking to us about Moses and the idea was then elaborated upon and yes, heaven is to do with our stronger soul connection. I think the implication was that the stronger that connection becomes, the more 'heaven-aware' we are. I could also say that it is such a wonderful Earth and one can always look to the wonderful aspects of it and see it as heaven, or heavenly.

Yes. Heaven comes from *within*—this you know. To those of you with some degree of spiritual knowledge, it is easy for you to see around you many aspects of this Earth which is endowed with heavenly creation, but to the majority of Earth-kind, they are still focussed in this time of your evolution upon the disputes of mankind, the greed within your world, the many 'disasters' as you call them, and in doing so they overlook how much mankind has grown—they overlook the beauty and the joy of existence. The beauty and the joy of existence belongs to each individual, it is an individual attribute which each one of you carries within. Each one of you my dear friends, I have told you before, is like a beacon of light; so each individual one is a little part of heaven upon this Earth. Do you see what I am telling you? (Yes) If each individual light was to join together to make one, then indeed that vision of heaven upon this Earth would indeed be much brighter than at any time of earthly existence. Many would dispute these words, many would say, 'but there is so much hatred, so much greed, so much violence'. But as you do my dear friends, they will reach a point when all of those things become insignificant. What is important is that the light shines from within, in order that that sea of light can flow further and further upon your Earth. Do you agree? (*Agreed*)

George: We are so fortunate and yes, one always has the feeling these days that we are in a position to help others to be as fortunate as we are, and share in that.

As indeed you do my dear friends. Each one of you, as I have told you before, has a task and a pathway upon this earthly plane at this particular time, wherefore you are giving out spiritual light to many, and indeed that is your heaven upon this Earth. It is an odd

word to have, to use the word 'heaven'. What is heaven? It is not a separate place; again I repeat: it is *within*.

George: As with everything else, I think I am probably right to say that it has a strong connection with perception.

Yes, indeed. Mankind is good at perceiving all kinds of issues, all kinds and manner of things, which he feels to be the Truth, but mankind must almost always recognize that his perceptions at times are not always the true ones. Would you agree? (*Agreed*)

Sarah: As you've said on many occasions, we can't see the full picture, so we can't perceive the whole.

Exactly. You are limited in what you can see, but that does not prevent you from extending the knowledge that you give and the knowledge that you are trying to obtain. We are but a small number this time my dear friends (*5 sitters*)

George: Yes, sorry about that.

No, if but one is to listen to these words, then my task as always is taking place, because I know each one will continue to give out these words.

George: Yes, I'm sure our transcripts and recordings will continue to be made available to many.

You, I know dear friend, are aware of how many people that these words are reaching to; with your machinery today words travel in an instant.

George: Yes, so hopefully the small numbers here will not detract from the ultimate mission. **No, of course not, but I will give you the opportunity this time, if you so desire, to ask any questions of me. (Thank you!)**

Sarah: I was going to say, when you said can you think of heaven on Earth, I was going to say, whilst we are *here* and I think that's probably because we join together and become— how can I say it?

Light beings.

Sarah: Yes, perhaps that's a good way.

Yes, I thank you for those words.

Lilian: I always feel uplifted after our Mondays.

But you do not need my presence to feel that.

Sarah: It's always nice!

[Self-discipline and giving thanks](#)

Salumet asks the group what they think they had learnt over the last year. Several key points were raised including disciplining the mind and giving thanks. (17/11/03)

As you are approaching another of your earthly years, I would like to put before you a question for you all to answer: There is something my dear friends that each one of you has grown to learn in this past year of your time. I wonder if you can tell each other what that is. Would anyone wish to begin this conversation this time?

Sarah: Did you say, 'what each one has learned this past year?'

Yes, about each individual self.

Lilian: Yes. Do you mean from your teachings or just in our everyday life something that we might have learned?

It comes from your living, but also from the words I have spoken to you.

Lilian: For myself, I can remember you said I would learn tolerance and I can see that and remember what you said which helps as well. Thank you for that.

But that is an individual lesson for you. What I wish you to think about is what each one of you has gained in this past year.

Graham: I think as a group we're beginning to look upon problems more from a spiritual point of view and we are looking for spiritual explanations more than we have in the past.

Margaret: I have learned a lot of patience.

Yes. So if I say to you my dear friends that each one of you and those also who are not present, each one of you has learned self-discipline. You would agree? (Agreed) Now I pose the question to you: In what way do you feel this self-discipline has taken shape within your own lives?

Sarah: Not so quick to judge anymore so I hold back in my negative thoughts. **(Yes)**

Margaret: Thinking of others and not yourself. **(Yes)**

Paul: I think it is in the arena of thoughts: carefully monitoring your own thoughts and trying to gain more control over them. **(Yes)**

Sara: Knowing when we need to go within. Knowing when it's important to control our thoughts. I think we have greater awareness of when they're not good, when the thoughts are going not so well.

But in that recognition you have done well, but do you see my dear friends how your self-discipline radiates throughout your living? In many aspects of your life this self-discipline shows itself to you in the way that you speak to others, as you say in recognition of thoughts that should be changed—all of these things in many, many areas of your lives; and remembers how different each one of your lives are, but still this self-discipline has been gained. I would say to you my dear friends that that is a step forward, which you should all be most grateful for, because those who come close to you have helped you to achieve this state of being. (Thanks expressed) Would you like to discuss any more about your own self-discipline with each other, or are you all perfectly happy to recognize that this is the achievement that has come to you?

Lilian: It is easy to see, for myself, where I have made a mistake.

Sarah: It also helps when you are speaking to others and you can see them perhaps going off on the wrong tack—if you say something and make them aware as well of the different view point, that is very encouraging.

Yes, always I have told you if you can touch but one other human being, then you have done well, and I can say to you my dear friends that each one of you have touched many people, many, many people, not only individually, but by the words that you have spread to others.

Graham: It brings a lot of pleasure to talk about these matters as well. It makes you feel as though you have something to contribute, whereas before you wouldn't have known what to say or wouldn't have been able to work out things in the same way that we can now.

(Yes) And that I do get a lot of satisfaction from, since I feel I can say something from my greater understanding that can help somebody.

You have always contributed. Remember that even those who do not walk this pathway of light are still progressing, but it is the awareness that you speak of—when you are aware of the goodness that surrounds you, then it reflects back to you within your own lives. It is a mirror image of what you give.

Sara: I've learned a lot about the power of gratitude this year and I've noticed when I am thankful for more than obviously that does reflect—I have noticed that.

Yes, my dear friend, I have waited for those words from you for some time, because I would say this to you that of all of those within this room you are the one who has realized the benefits of gratitude, as you put it. All of you give thanks, but for you this has been the biggest step forward.

Seeing spirit beings

Sarah starts with a question about whether spirit beings can be seen, whether they need to be seen, or whether they choose to be seen. Most people cannot see spirit beings as they are not tuned into spirit world sufficiently or their energy is not sufficiently raised.
(17/11/03)

Sarah: I was thinking about the air Spirits and flower Spirits and all the rest of them. Why is it that they actually need to be seen, because if they are Spirit beings, why do we need to see them? Is that just we're getting into the right vibration that we can see them? **(Yes.)** And if that is the case, there must be other energies that are about that we also can't see that we could see if we were in the right vibration. Is that right?

What my dear friend do you suppose that I am?

Sarah: You are energy.

And can you see me?

Sarah: No.

No. Let me go to the beginning of your questions and there are more than one. Those light beings that you speak of have no need to be seen, but the people of this Earth oftentimes desire to see and oftentimes those who have no knowledge see these light beings, because, as you say, they are tuned into that world of light at that particular time of existence; in the same way there are many within your world who see and hear those from our world whilst the majority of human beings do not. There are many factors involved here: It is whether the light beings *wish* to be seen, it is whether the human being is in the right energy field and, thirdly, what would be the purpose of the seeing. Do you understand? (Yes.) Does it make it a little clear for you? (Yes.) The light beings have no need to be seen—they just exist, they are, they are Spirit. It is up to humankind whether they desire or wish to see them, but as you well know, that would be almost impossible unless that energy of the human being was raised enough for this to happen. I would like you my dear friend if you would, to concentrate a little about the question that you have just asked of me. I think in your quiet moments, fuller answer will come to you.

Sarah: I think I was thinking that you said that everything was energy, **(It is.)** and therefore Spirit was energy and therefore I was thinking that the other things that there must be to see, because it is all energy.

Can you see your electricity?

Sarah: Not the electricity as such, but you sometimes see blue lights from electricity.

Yes, but mankind for thousands of years was unaware of electricity. So, do you see what I am trying to tell you, that all of energy has always existed, it is mankind's awareness which is changing.

Sarah: Yes, that's what I was thinking—there must be more things that we could see—perhaps it's more be aware of than see.

When your awareness is raised, indeed you can see and feel much, much more, but that my friend is down to each individual. How much they desire, how *far* they want to progress in their awareness. And after all, I could come to you for many, many of your earthly years and still you would be at the same stage of development. Without your participation, I could not make you become more aware. So, do you see that the responsibility lies within each one of you? (*affirmations*) How much you wish to see, to become aware of, is entirely belonging to you and your freewill.

Paul: We have to take the steps.

Yes. I can encourage you, I can try to uplift you, I can speak many words to you, but I cannot make you more aware than you wish to be.

Sara: And we have noticed this when we are parenting too. We can encourage our children (**Yes.**) and we can show them the way, but they make the decision.

Yes. Even as a young child you can see that freewill abounds. Yes, you are quite right. But what happens as the child grows older and comes to adulthood, they lose that intense quality of investigation. That is what happens with *most* people, that the eagerness of the small child slowly diminishes, until other aspects of living overtake that freedom of thinking that unspoilt energy which all small children possess. Do you understand what I am trying to say to you? (*affirmations*)

Paul: Is it almost like when they reach adulthood they begin to think: ‘well, maybe I’ve explored everything now—there’s not that much else’—when in fact there’s much, much more.

Unfortunately, the materialistic side of life begins to show itself and unfortunately for many, many people that is a way that takes you downhill, rather than up to an awareness, a growth of awareness. Unless within that child there is a strong link with Spirit, most children go on through, how can I say, influences of everyday life, to become less spiritual, which saddens us from our side of life, but at this moment in time of the Earth’s evolution, that is the way of life; but slowly, slowly it will change.

Sarah: So, some poor people, perhaps nomads or whatever, that is possibly why they retain more of their spirituality, because they have not been influenced by all of the commercial side of life.

Yes, they still understand that by going within they have many answers to their lives. You are quite correct in that assumption. I will leave you this time my dear friends. I hope that you will ponder my words this time, as I know you always do, but again it is something to recapture and to think about. Think of yourselves as that individual energy which belongs to a group energy, but if you wish to become more aware, then take your responsibility seriously. The more that you put yourselves forward, the more help we can give you from our side of life.

[Dealing with hurts that are within](#)

This again is not an easy task, as it requires being true to ourselves. (8/3/04)

Lilian: Could I ask about hurt within? You said to me a few weeks back that I harboured hurt. **(Yes.)** Does that mean I don't let go of the hurt, or is it because the thought is within me? Could you explain a little more please?

Yes. When I speak of *hurt within*, it is entirely for you who retains these hurts, it is for you to find the understanding to let go, and to forgive yourself. That is what many of you do not quite understand: you create your own hurt, you create your own fears, you create your own misunderstanding.

Lilian: It is also maybe a lack of seeing the other person's point of view.

It is a lack of understanding yourself—that is always the problem. We have spoken on previous occasions when I have said to you that you must be true and honest with yourselves. If a human being harbours any form of hurt, it is because they have allowed it to be. Do you understand? (Yes.) You, my dear friend, have harboured hurt, because of your sweet nature, your kindness in not wanting to hurt others. Therefore, in that respect you have been kind, but unkind to yourself. Do you understand?

Lilian: I see, yes.

There is so much hurt and fear and resentment within so many people. I would suggest to you all, not only you my dear friend, (*Lilian*) that you must allow full expression for your emotions, not in any negative sense, but to be honest with yourselves you must look at yourself first and foremost. You understand?

Sara: And sometimes when you need to communicate your feelings with others maybe sometimes too, rather than keeping it inside. **(Yes.)** Sometimes it's better to air something with others.

Yes, but always to air these feelings with love. With anger...

Sara: That will never work.

No. that is the way it must be done, always with love. It is possible, but I know within humankind it is so easy for the fire of anger to take over but again that is something to be looked upon and worked upon with love.

Lilian: Did you've another question, Sara?

Sara: I think when we feel disappointment at the way others treat us, for myself it is to do with having expectations that are too high. I think that is one of my problems; I sometimes have too high an expectation of other people and so I sometimes feel disappointed and rather than speak about it, I'd prefer often to withdraw, because I find it difficult to speak about it.

Yes, if only you could use your language to express the words of how you feel in a gentle way, then by uttering those words aloud, you would begin to sense within yourself an understanding of the other person. Life my dear friends was never set to be easy, but in all of these difficulties with which you find yourselves, you will find that is time of your spiritual growth. So, do not despair, and that is not the purpose of my words to make you feel disheartened, but rather to give you an insight into your own beings, an understanding which is there if you would but look.

Sara: Sometimes I wonder whether because I find it quite easy and natural to give to others, simply

because I know this and understand this, perhaps it is my wrong to give to certain people in this life and not expect necessarily to receive from them. I don't know if it is wrong thinking. Sometimes I doubt whether I'm seeing it clearly or not but because I've done it for such a long time, I feel reluctant to change my ways with people even if they don't return. I'm not sure if I'm doing the right thing.

You, my dear friend are one of life's givers, as you say, but remember that you are entitled to good things in return. There is no need to feel some guilt about that being so, in fact it is all of your rights to receive the best that the universe can bring to you, but if these things are done because of the knowledge you have, then that is not the purpose of giving, but you know and understand this well.

Sara: Sometimes I feel that I give—originally it has been a joy and a pleasure, but sometimes I feel that it might be a good idea to withdraw because it is not being returned and I'm not sure if it is being appreciated, and it is a habit.

But you do not give to receive.

Sara: No exactly, so it is probably better to bring something to an end if it doesn't bring pleasure anymore.

If it brings to you feelings of discontent, then I would agree with you that it would be better not to do so.

Sara: Thank you, that's very helpful as I'm a creature of habit sometimes and I find it difficult to stop something that I've done for a long time, but lately I feel I should with some.

But how interesting that you have come upon this thinking all by yourself.

Sara: Yes, I think it is probably...

With a little help! (*laughter*)

Sara: With some help! But also, because my energies are going in other directions, possibly it's helped to bring this to a head, it's helped me to see it clearly. **(Yes.)** I have to prioritize more.

And remember also my dear friend that you can give from your *thought*. You do not always have to give openly, you can give much with your thinking.

Anything that helps individual development has to be good

Pauls asks about individual development exercises involving sensing colours. Incidentally, the group is playing similar games, as part of our development. We still have much to learn, but there are moments when members of the group do well. (19/4/04)

Paul: When I was travelling, we started playing this game whereby you try and guess the colour someone else is thinking and I thought that seemed a very good way to develop psychic power or something, by guessing colours or what is in someone else's head. I wondered if this sort of game was used in places like Atlantis by children and whether you've any knowledge of games like that that can also develop gifts—whether it's a useful tool.

I would say anything which helps with your own individual development and which feels comfortable to you must be good. Let me say, it may be that you could try when I withdraw from you this time, amongst yourselves within this powerful energy here, to see what is in each other's minds, and colour is a very good basis for doing such a thing as trying to *sense*, because that is what you are picking up on. Why not try it my dear friends as I withdraw from you? It will give you a little light relief. And after all, I have told you that this year of your time, much time *will* be given to your individual developments. So my dear lady friend, (*Lilian*), I say to you that you take charge of this *little game*, (*chuckles*) as my dear friend has called it and see what you can achieve.

Lilian: Yes, that'll be interesting. (*thanks, and farewells*)

We then played the game, beaming colours to each other to guess at. We didn't do very well, but it did provide much laughter.

Using drugs to open up

This question was presented by George as to whether we do open-up better with cannabis, or whether it is a physical reaction. (21/3/05)

George: Another question arises out of that: There has been quite a lot in the media about taking cannabis. One criticism about taking cannabis to excess is that it produces voices in the head. Is this a matter of the drug bringing the Spirit forward?

That is not Spirit, that is hallucination—that is the difference. Any chemical that distorts the mind and body is not Spirit, it is physical damage. You understand?

George: So, the voices would arise out of physical damage...

Yes, in the same way as you have people in your world who are mentally disturbed, it is a problem with the body, not the Spirit. Always I feel it is difficult for people on your planet to understand the difference, but let me say my dear friends, there are indeed many difficulties in your world. That is why we always tell you to find out for yourselves whether something comes from Spirit or whether it is part of the physical makeup. You must always be conscious of these things.

Who has enjoyed Star Trek as inspired by Gene Roddenberry?

George refers to a Group in the United States who call themselves the Council of Nine. One of their sitters is one Gene Roddenberry. (13/6/05)

George: One small point that ensues: I notice that one of the sitters in that American group, was one Gene Roddenberry, who was the author of a very successful series on TV called 'Star Trek' and some very good points—some mystical points featured in that series. And I suspect that Gene Roddenberry has recycled some material into the science fiction TV series. I imagine that's perfectly all right and will help to in a way make people more aware? **Yes. I would say only that if it puts the seed of thought forward, then that is not wrong. If you can put forward the seed of Spirit or anything *mystical*, as you put it, then as far as I am concerned, that is only good. All things start with a seed of thought. And if it brings people to think about something that they have not considered before, then that is opening the way of further seeking and searching. (Yes.) I hope those words have been helpful, not only to your friend, but to each one of you this evening. (affirmations)**

Are all planets 'learning planets'?

This question provided a very interesting answer, because the answer was no! Planets exist for many reasons. (3/10/05)

Graham: A lot of talk has been about '*learning planets*' and planet Earth is certainly a learning planet, but are there any other types of planet in our universe, where beings are just *being* there and not necessarily on their planet to learn but for other reasons, just 'to be' for instance?

There are indeed other planets that have different purposes. In fact there are many, many planets, where the Spirit is there only to reach enlightenment in order that they may return home more 'wholesome', if I may use that word. Yes indeed, there are many, many planets of which you do not know.

Graham: So the beings on such a planet would be of a meditative state?

Not necessarily, but their awareness would be much greater.

Graham: Yes. That's very interesting.

Yes. There are also planets for the angelic beings, who return to them time to time, but that is a topic for another time. But yes, you are correct when you say there are many, many planets. (Thank you.) You are isolated on this planet for knowledge; that is why I felt it would be good for you to have a visitor from *another* planet, to expand your way of thinking, and to introduce you to the fact that there are many planets in all of Creation, which are different from your own—but nevertheless they exist.

George: Yes, it's like taking a look at ourselves from afar. **(Yes.)** We have the expression: 'you can't see the wood from the trees', but if you're away from the woodland you can see it most clearly.

Yes, that is a good analogy, I would agree.

Sarah: And also it seems that, we call it Planet Aerah—the people on that planet have become more spiritually advanced, or *aware* perhaps I should say, than we are, but they weren't *always* like that. So, it gives us a little bit of hope as well that our planet will get there as well—you tell us we will, and it's nice to see that planets *can* get there.

You must not compare yourselves to another planet, because each planet has its own function. As the gentleman previously has said, there are many types of planets. There is still a learning process going on in Planet Aerah, which you would not be aware of, or perhaps even understand, but it *is* still a planet of learning, although far superior in knowledge to your own. I hope that is helpful to you.

Sarah: Yes, thank you.

[Salumet gives the group encouragement and a little more direction](#)

He suggests because progress has been a little slow, that we give more time to the work. Rather than relying on words, it is better to feel and know, and understand from within; to have inner knowing. We all know from within what is right. (20/1/06)

Sarah: You said just now that we should open ourselves up for any use that spirit can make of us. Can you give us a little idea of what extra we might expect?

In time to come? Yes of course I will, only because you have the desire to know, not because it is important. But do you wish me to speak of you personally, or as a group as a whole?

Sarah: I think it would be interesting for all of us to know what you have in mind. Am I speaking out of turn? (*Support/agreement given by other sitters*)

You see what I mean by the goodness within this group that each one is concerned for the other and that is what we desire. Because in order to produce more phenomenon for you, not as evidence, because you do not doubt, but because it is a part of your spiritual development that you have these things. You may find that some of you are used by other beings, to bring greater knowledge to this group. It may be that we will try to use more individuals, in producing different procedures such as ‘apports’ and such like. But all of these things, every sitting, is an experiment between you earthly beings and us in spirit. It is a two-way thing. That is why we must continue in love, in listening to what I bring to you and in your own endeavours to become more spiritually aware. Although your understanding of my words is great, your own ability to develop is just a little slow and our desire is that each one of you ask for help in your spiritual unfoldment. Do you understand? (*Affirmed + thanks*)

You all have spiritual gifts and it is your own responsibilities to develop these gifts to the best of your abilities. We need more than one evening a week that is what I am trying to say. We need your dedication, we need your understanding and we need your love. And when the time is right, you may be amazed what we can bring to you. Is that helpful for you?

Sarah: That’s very nice to hear yes, thank you very much.

Paul: I think it would be a wonderful thing to get some kind of phenomenon. The knowledge is the most important thing, but somehow the experience would...

Sarah: Compliment it?

Paul: Yes it certainly would, yes.

Therefore we must all work towards these things.

Sarah: We did find when we had the experience with the being that Bonniol brought over and Jan who had the clairvoyance—that was very nice for us to have that.

Yes, it is what you term, ‘evidence’ for yourselves, because always as human beings you doubt. And that is not a fault, it is just part of your human nature. But sometimes we know, you need to have some kind of proof. But we will not provide it just because someone demands it. Why should we—there is no need, we do have nothing to prove.

Lilian: Basically we have to earn what we receive.

You only get what you are entitled to. So if you decide that your spiritual knowledge has gone far enough, then that is all that you will receive. So you must always strive to recognize and understand more. My words I hope, have brought to you a little greater understanding of your world and yourselves. But the time has now come, where you must work upon your own spiritual natures.

Sarah: Yes I must say your words—your teaching has been so good, I think for all of us, but I can speak for myself that in everyday life, I can hear you saying things—now Salumet said...

Yes, but what we need to strive for now, is not what Salumet has said, but what you *feel* and *know* and *understand* from *within*, without thinking the words; to have that ‘*inner knowing*’ of all things spiritual that there is no doubt that what you are trying to achieve is right, because you know from within that it is right.

Lilian: I think we're probably a bit like children—it's nice to have the encouragement from you.

Yes, but I have to say you must never fully rely on my words. It is now time for the children to be a little more grown.

Lilian: Yes I see what you mean.

All children will remain children if you allow them. But you must help them to grow and understand and become their own person. And that is what I am encouraging you now my dear friends to do. That to go within and in doing so and developing, you will become a much stronger unit, which can then produce many things from *our world*.

Rod: Yes. I suppose I've been thinking along a different line myself. That my job was to spread the word to friends around me hoping that they would take it on board. I'm afraid I haven't found many of those friends who have taken it on board—I've stumbled a bit there, but this gives me another direction to go into.

The best that you can do my dear friend, is to show by example, the way you live your life and I assure you that people who surround you will see that difference, that light that shines from within and they will say, 'What does he have that we do not?' Only then is it time to use words to help them on their way. They have to be ready to accept.

Rod: I hope I can achieve that.

If you have sown one seed, you have done well—you cannot ask for more. You will find that throughout the rest of your life that somehow those in need will be drawn towards you and you can use the words to convince them, but only when they are ready to receive.

Rod: Thank you for those words.

In the same that way we waited patiently to come to you in this room and in another room. But we had to be sure that the mix of people was right.

Rod: Oh!

(In 1994, when Salumet first spoke, it was said that they had waited a long time for the 'right' people to join the group, before these teachings could begin.)

Lilian: It does amaze us Rod.

George's Notes:

The term 'Apport,' refers to something or someone disappearing and reappearing in another location. Bonniol has recently indicated that this is how one group of extra-terrestrials have visited the Earth in past times.

There should never be retaliation

Sara asked a question that highlighted the point that we must always be truthful in general and also true to ourselves. (3/4/06)

Sara: I know that you've talked about the question of lying before Salumet and we've said that lying is not a good idea. A friend has a dilemma at the moment in that her employer has prevented her from moving on by giving a very bad reference. She feels there's justification for lying in this situation. I've encouraged her to have faith that the universe will support her

to move on if she tells the truth. **(Yes.)** I just wondered about your comments, because she wants to progress.

Yes. Of course, that is a human failing, that in some way you humans feel that some wrong-doing as you see it, must have some form of retaliation to put matters right. I would say to your dear friend: that must never be so.

Sara: Yes, I feel that too.

You must encourage this one to do what she knows—what is right from the heart, and that is always to be truthful and to be true to herself.

Sara: And in some way when these things happen, I think we have to take some responsibility, even though we can't always see **(Yes.)** every reason why it has happened physically. There is usually a reason.

It is for this purpose again that she is faced with this dilemma. She has to make a choice. She has to recognize that the action has created within herself this dilemma, and the dilemma is created by herself, not by the person who has written or said the words. Do you understand?

Sara: Yes. I have been telling her that thought is energy—I did tell her this a long time ago, and I know that the thoughts towards this person have not always been what they could have been.

Yes, she must learn to transmute all of this energy.

Sara: I think also, potentially it's a big turning point away from old ways of thinking that don't serve any more.

Yes, it has served a purpose for this very thing.

Sara: It has been a big shock.

But all of *life* is a shock if you like to use that term.

Sara: Yes, lots of learning.

Lots of learning, lots of learning.

Sara: Continuous learning.

Continuous, yes. But you cannot move forward unless you learn all of these things.

Sara: And to look inwards.

And to look deeply within oneself, of course. Yes. The answer lies with her and all that you can do is to support and encourage.

Sara: And ask for help for her.

Yes, you can do that also, and hopefully she will recognize within herself the *strength* to disregard these *negative* thoughts and to allow the spirit within to come forward.

Sara: I feel there is a lot of hope here, because she has generated a lot of support from people, because she does have a lot of the time a loving personality and I feel that she can be affectionate and giving.

But if she were to exude her own generous thinking and spirit, then she would *not* need backup, she would be the one to give off this aura of truth and honesty. And it is like a mirror effect and it can only be beneficial to her and to all who surround her.

Sara: Yes. Thank you. I know this will be very helpful, because if she can actually read this and see it, I feel it will make some impact.

Yes. Sometimes that is all that is needed, because you human beings tend to withdraw inwards and do not see the wider picture as I am always saying to each one of you: you always must look to the wider picture.

Sara: Yes, thank you. That's very helpful.

George starts by making the point that all is connected including conglomerate beings

Salumet explains that all is connected and how could things be otherwise? Knowledge is ever expanding and when sufficient, the spirit progresses. Much of this teaching is about 'progression' which is needed as we currently have so much to learn. A very enlightening evening. (17/4/06)

George: It might seem a curious question, but if I were to ask you if there are many conglomerates such as yourself, would your answer be that all is connected anyway?

Yes.

George: Yes, I thought it might.

Of course, how can we not be connected? It would not make sense?

George: Yes, so we cannot really talk of separate conglomerate beings?

You can speak of separation to a degree in this spirit side of life, but as you progress and you belong to the *fuller* aspect of life, then you cannot be separate, you are part of the whole. You understand? (Yes.) Separation comes only when you first enter our world and there are still many of life's lessons to be learned.

George: Yes, I was just seeking a further impression of yourself having...

I have noted your curiosity and at some stage I will try to explain to you, but it is difficult to explain non-human phenomenon as opposed to the physical elements.

George: Yes, I think it was partly from having knowledge of 'Seth Two', who also described himself as being part of a conglomerate.

Yes, 'conglomerate' is a word we use mainly for your understanding.

George: Yes, I see that all would be connected anyway.

Yes, but the greater part—there can be no separation as such. (Thank you.)

Sarah: Is this a physical question? Did you have to 'work up' to the position that you are in?

Work up?

Sarah: Yes, you know, did you start lower and have to work up to get to...I think it's a physical question. (*Chuckles*)

I understand your question my dear friend. I feel the word you are looking for is 'progression,' progression of the spirit. (Yes.) Yes, that is correct. As time—and again we enter the physical word 'time,' as you continue in spirit, when the knowledge has become great enough, then yes, the spirit progresses.

Sarah: And you did too?

No.

Sarah: No...I understand that *we* do, we progress, but I wondered if *you* had?

Not in the sense that you understand. Of course, all of existence is progression, that does not stop, that does not stop. Always we are growing, as I too am growing in this situation with yourselves, with this teaching. It is a progression, it is a progression for this aspect of spirit that I am.

Sarah: Why are there these different aspects of spirit, if I could say—you are, to put it in physical wording, a much higher spirit than we will ever be. But why are there those—I understand we need you to teach us, so perhaps that's your purpose.

Lilian: Why do we have higher and lower ones do you mean?

Sarah: Yes, if we are all part of the whole, why are there these different...

Because the whole is not static, it is ever-expanding.

Sarah: So...yes, I do understand.

It is like the small child who is learning. Until they reach such time, as they feel they know all there is to know and then suddenly they *realise* they know very little and they move forward. So is all life—all life is ever-expanding, knowledge is ever-expanding.

Sarah: I understand that, but why did you start off, being a higher knowledge, a higher being?

As a being who has never existed upon this planet, that is what you mean?

Sarah: As you are a spirit, you didn't start off as a meagre, as a lower spirit, if I can put it that way, spirit, and work up or progress to that? **(Yes.)** You started off your existence as a higher being?

They are your words, 'Higher being'—I just AM. I cannot explain it to you in simple words, but there are beings who have always been, not to the extent of the Creative Force, but there is energy which has mutated and changed, as all of creation changes. We are in difficult waters here.

Sarah: Saying that now that makes sense to me actually, what you've just said.

I am pleased, because always this is the problem, to try to put non-physical conditions into physical language—it is not easy.

Sarah: But what you said then, I can understand that.

That helped you? (Yes.)

George: I think Jesus found a similar difficulty **(Yes.)** and I recall the phrase, '*I am that I am.*' **Yes, it is something that I feel as human beings, is too difficult for you to comprehend. But yes, not all energy has trodden this earthly pathway.**

Sarah: Yes, I understand that, yes.

As do the Angels—they have never trodden this earthly pathway. It is a difficult subject.

Sarah: But that does help a lot. Thank you for that and I'm very glad that you *are* as you are, because without you, we wouldn't be able to progress—so that's very good!

George: Yes, why should it be an assumption that life begins on a planet **(Yes.)** and progresses from there? One could say that this is an assumption that is made by a mind that needs to expand more, shall we say?

You—I will say to you once more, as human beings you are at the bottom of the scale. (Affirmations) And I do not wish to sound disrespectful to you, because human achievement does much for the spirit. But it does indicate that there is much growth needed.

Sarah: Yes. When I asked you just now about progressing, I knew that you hadn't been physical, I meant it purely in spiritual terms. **(Yes.)**

George: But surely human beings are one way, one method of progression, but we should never view it as the only way.

Of course not. All of existence is progression—all is expansion.

Sarah: I think we may have gone over this a little bit before, but all our aspects don't necessarily have to have a physical learning curve? **(No.)** Only this one part, perhaps some parts?

Some parts yes. No, not all aspects need to return to physical overcoats—of course not.

Lilian: So, what we call the 'Higher Self' that aspect would be...

Your Higher Self is your spirit.

Paul: And that spirit already *is* in a sense, is it—quite '*high up*'?

That is the all-knowing part of you.

Paul: And that doesn't wear the physical overcoat, does it, that just stays spirit.

Lilian: That's what I was thinking.

You can call it 'Mind,' you can call it an aspect; it is that part of the being that helps to activate all areas of your existence. It is that part of you that is all-knowing and can help you to go forward.

Paul: So if it's all-knowing, does that mean that it's part of the Great Creative Force?

Everything is part of the Creative Force. You cannot say otherwise.

Paul: It's just that when we're involved in the reincarnation cycle, we're perhaps the furthest removed from that purity?

Yes, yes.

Paul: But we're still connected to it.

But it causes confusion, when you try to make a *scale* of spirit. It confuses your thinking I feel. You must just see yourself as that point, and part of the Creative Force. You must look upon this lifetime, this human lifetime, as part of your growth and not a part of you that is any the *less*, of spirit.

Lilian: That's a good idea.

You are kind of placing the human form to the very bottom of the ladder, which in a way you are, as far as learning, but not as far as your *spirit* goes. (*affirmations of understanding*) You have to find the connection at all times.

Sarah: So, all spirit is equal, in...

When it is pure spirit.

Sarah: Yes.

George: The material being is just a...

Yes, it is nothing...

George: It is just a method of...

It is a method of *growth*, yes.

Sarah: So, we *choose* to come here, because simply because that is what we need for our learning?

You have chosen to come, because that is what you feel is best for your spirit.

Sarah: Yes, it's not that we've been *given* this thing it's that we've *chosen*. **(Yes.)** So, the other beings on other planets that are far more advanced or intelligent, or whatever word you'd like to use...

It is just part of their evolution, within the whole scope of existence.

Sarah: And whilst they're away from their hold in spirit, that's how they are, but once we return to spirit, we are all equal?

You will still have the knowledge there, but as I have said, you retain freewill, which can hold you back in a sense. But you have the knowledge to progress and go forward. I hope that has helped you, I know it is difficult.

George: This evening has been a nice cosy chat and we are very grateful for that.

Sarah: I've found it very interesting, it's helped me a lot.

If it helps to reinforce your thinking, then my dear friends, it can only be good. You are more than what you think you are.

Sarah: It's just a shame the whole planet doesn't know all this, isn't it? If we could get it to all of them in one go, it would be brilliant.

Paul: Well we're gradually telling them all, passing on the whisper.

George: We're back to the object of our project. **(Yes.)**

Sarah: We've got to get it to the world leaders, that's what we need to do.

Paul: We'll do that next week...(Chuckles)

George: As I see it, it doesn't really matter which level becomes aware, because even if the leaders don't become aware, they'll be dragged along.

Paul: And also, the very fact that we're understanding it now and thinking along the right lines, our thoughts alone must be sending out waves.

I will use my favourite words before I leave you this time: You have spoken, and to SEND your thoughts, to UNDERSTAND your thoughts and to PASS ON those thoughts, is the most powerful tool that you can possess. There is the power of the *word*, there is the power of your own *one-to-one communication*, but you cannot have better than your THOUGHTS, because as you now know, there is no distance involved in thought projection. And that is part of your way of sending your thoughts. You have now taken for granted my dear friends, the healing thoughts, which you send every time you meet. You do not question, you do not analyse how these thoughts reach our world and how these people are helped; but indeed, it happens. So, again I will leave you with that word: *thought*.

We all gave our deep thanks for this particularly enlightening evening.

Spiritual exercises 2006

Salumet gives the group useful development exercises. (8/5/06)

What I want you to try to focus upon, is the connection between *all things*; the love connection, which ties you all together. I would like you to try to recognise the workings in your everyday lives, of these planetary forces, which are here to help each and every one of you, and they come as I have said, from the source of all knowledge.

Then some more two months later. (24/7/06)

Now my dear friends, before we embark on further talks of energy and vibration of which I have promised you, we have one more exercise for you this time. I hope that each one of you will feel the energy which *is you*, which belongs to each person; and as we continue on this short journey, I would wish you my dear friends to speak among yourselves of what you experience and for this one time, we ask after this exercise, that there be some rescue work and we are attempting to try to use as many of you as we can. Therefore, my dear friends open up your hearts to those who are in need. You can be used, you must not be afraid, because you are always, always protected. When you have experienced what I am about to tell you, we will then go on next time to what I have to say about pyramids and their energies and discussions we will have amongst us. I would like each one of you my dear friends to imagine yourselves, to use that spiritual mind to feel yourself within the vibration of a pyramid, to become that structure, to *feel* what the physical body is feeling and also to feel and understand with the spiritual mind what is happening. Do you have any questions before we proceed?

Sarah: We are going to be *within* the pyramid, not part of the pyramid?

To begin with you must feel yourself within, but I want you to become part of that energy, to express what you feel and what the mind is also experiencing. You understand what

you are trying to achieve? (Affirmations) And as you begin to have these senses of vibrations, towards the end of your experience I would wish that each one of you joins together as one form of energy.

An another one later in the year. (27/11/06)

Think of the mother with the new-born child and you can feel the expression of that unconditional love. But what I would like you to try this time is that during your coming weeks, to FEEL from other people, not only of like mind, but of strangers, of people who you come across in your everyday lives. Try to feel that love energy which comes from them, not towards you as an individual, but the awareness of that greater energy which is exuded.

When life seems hard and you can't find the answers – the fault actually lies with you

This conundrum is illustrated by a question posed by Sara concerning a friend. Salumet's answer may seem hard to understand by many, but if looked at honestly through spiritual eyes, the deeper truth is being revealed. Sara is reminded that it is not Salumet's task to take personal questions of this nature, but he does on this occasion, as she was fearful for her friend's husband. This case study could be similar to many episodes familiar to many of us. Needless to say, they present an opportunity for growth. (31/7/06)

Sara: I have a friend who is being severely tested. Her husband has completely changed character recently and she does not understand why. She is wondering if it is being caused by the drugs he is taking for illness, or even spirit possession, as she feels he has become quite vindictive towards her. Is it possible for you to give any guidance?

It is not for you, my dear friend or your lady friend to question the actions of another. What I would say to you is this: rather than try to find answers and explanations for his behaviour, is for *her* to look within *herself* in order that she may deal with a changed situation in their lives. Once she can accept that she cannot be responsible for his actions, she will then begin to help, not only herself, but she will help him. So, I would suggest to her that she steps a little way back and changes her own way of thinking about the situation.

Sara: That is very helpful, thank you.

This applies to each one of you my dear friends—when life seems tougher for you or you cannot find the answers you are looking for, the fault lies with *you*, not the situation or the other person. But I would suggest that you continue to support her whenever possible, because your words can be healing for her. (Thank you.)

I am love! I am all-knowing! I am you, as you are me!

Salumet gives a wonderful lesson about spiritual growth resulting from the presentation of a simple question, 'Who am I?'. We did not find this exercise easy as we approached the subject from the ego, or the physical 'I'. Salumet steered us towards the spiritual 'I'. George also made notes that explains the difference very well which are presented at the end. (21/8/06)

I would like to place before you my dear friends one question that I hope you feel you can answer with all the knowledge of spirit and with truth and honesty. Whatever you feel we would like to be spoken aloud in order that each one here can hear the spoken word. My question to you my dear friends is this: 'Who are you?' Three very simple words, but let me say to you, when you think about these three simple words, you should have a sense of purpose and knowing within, and although it might sound easy, I feel my dear friends that at this point in time it is a question that each must ask of himself.

Lilian: So it's, 'what am I?'

'Who am I?' Yes. Try my friends to be honest and to express yourselves freely, and if I may say, you may even find that your own human emotional side may come to the surface. I will leave it with you dear lady. (Lilian)

During the next 20-minutes or so, each one in turn expressed their feelings as to identity. The various notions embraced personal identity, objectives, connection to spirit, being a minute part of creation and Creative Principle etc. Salumet then returned to speak further:

I have listened to your words carefully, my dear friends, and I have to say to you that for the most part, your understanding of yourselves is still based in the 'ego I' of the material world. Did you notice how often the words 'I, I, I?' And of course, that is the way of your language. But what I would wish you to think about as who you are, how about 'I am love', 'I am all-knowing', 'I am you, as you are me'? That realization of leaving behind that material individual and seeing your true spiritual selves as that spark of divinity which brings you all together, that is the 'I' I would wish you to cultivate. Do you understand? (Affirmations)

Sarah: You said, 'I am love', all spirit would be love ...

To a degree.

Sarah: Right, that's what I was going to say, because I was thinking that ...

Yes, to a degree. It is a forward path, but you are all sparks of divinity and that cannot be anything other than goodness and love, and it is only human lifetimes that can change that. You understand?

Sarah: So, if you do good things, you increase energy, you increase love. Likewise, if you do the opposite, you deplete all that...

Yes. Remember, I have said that energy expands, is not static and so therefore it is always at the will, especially of you humans on this planet. But you have to, my dear friends, rise above the human thoughts, and always remember that you are part of a much, much wider energy. *You are energy, you are love* and you have all the knowledge.

George: Yes, we probably all feel it but it's difficult sometimes to express in words.

Yes. There is this time almost a tangible energy within this room and because of going inwards and trying to express your true selves, you have helped to create the energy here, so imagine my dear friends if each time you came together, you recognized the power of the energy that you are, how much greater would be spiritual happenings within this room. It is something to work towards.

Paul: Sort of things like, *disengaging* from your personality.

Yes. You must—you must if you are to truly know yourselves. I have expressed those words to you so often and I feel sometimes I am like, I believe you call: a record that sometimes becomes stuck.

Paul: I think that we forget too quickly though, so we need reminding.

Try to put aside the human thinking and to just *be*; then your recognition will become greater. I hope my dear friends it has given you something else to think about this time.

General agreement.

Paul: Yes—something to aspire to.

You are doing that of course. But to recognize your awareness is good for that growth and understanding. So instead of thinking too much, I suggest that you *feel—feel* and the understanding will be greater.

George: Yes, I think we are somewhat in awe of *your* succinctness, Salumet. We can't match that!

As always, your words are most kind, but I do not come to look for recognition. You know full well, my dear friends, that is not my purpose. My purpose is to help you in your understanding of the knowledge that has been lost by humankind. And remember, this is not new knowledge; it is truth that has always been.

George: I think there is sometimes this feeling of '*I have been here before*'.

I can assure you, you most definitely have—as you well know, but what you do not know is how many times or the length of your existence on this planet—and really that does not matter. But this is a lifetime that each one of you has chosen to return and to recognize that knowing that you have lost. And that is why my dear friends, when you accept my words, you feel a degree of understanding, only because it is knowledge that you already have innate within you. You understand? (*Affirmations*)

George: I think I for one, have been a little confused in the past about the ego thing, which you mention and I have felt it to be something useful and something that can be used in organizing and presenting ideas and thrashing through things, and I guess there comes a time when that has to be put aside.

Yes, I do not wish you to deny your humanity, after all you are cloaked in human form and you must use that housing which you have been given; you must look after the human form and all that goes with it, including your brain. So, do not try to dismiss that part of it, but remember it is only a covering. That is all I say to you.

George: And the ego is all right if it doesn't get above itself, to use an expression...

Yes. I would agree with those words.

Rod: Would I be rude in asking: we've been back several times you say—have we progressed in coming back this number of times?

I would say to you my dear friend that the word 'progression' can be a little confusing, because after all, individual lives are meant to teach something to you and even those who have led what you term 'evil lives' or lives which you would not term 'good' have indeed learned something. And all that learning is retained in spirit—nothing is ever wasted. So, I will answer your question the way that I feel you need to know the answer—and yes, most people *progress* and if it helps you understand to believe it in that way, then that is fine by us. No life is ever wasted.

George: I think the difficulty for us is that the progression is not just along a single road but along a mass of roads.

Yes. Many veins to lead towards one road, many lifetimes leading to the same goal and many lifetimes to reach the top of the ladder, which then you will find will then extend even more and you are forever seeking. Then it becomes even more confusing to the human brain. We ask only in any lifetime that you try to adjust to human life, because, as you all know, life brings to you many problems and difficulties, and for others it is a smooth pathway, but that does not mean that one life is more difficult than the another; only that it is taking different directions. You understand? (*Affirmation*)

Rod: And those around, I suppose, are affected?

You do not come to this life without first knowing who you will become in contact with. There is a pact you make before you return to human form, to be with those with whom you can learn the most and help the soul to progress. Sometimes you choose more difficult lives than others, but in every lifetime, there is always experience that is before you to learn and that is never wasted. I hope you understand.

Rod: Yes. I'm beginning to understand it. It's a large task; I didn't realize it's such a task really. I thought it was an easy thing to be in life, but to progress on...

It is not always easy, but it is worth what you achieve.

Sarah: When you say we know the people who we are going to become in contact with, who we progress with ... it wouldn't be everybody that we have met, it would only be a few, the main people we have come into contact with...

Yes. Of course, and as all things, as the branches of a tree, there are not just a *few* main branches; those main branches have smaller branches leading from them to create that formation of the large tree. Yes, there are I believe you might say, 'main players', main players who provide within the structure of your lives the opportunity for the experiences that you must have. And of course, you cannot live on this planet and not encounter many, many peoples. Of, course you must realize, you oft times meet peoples that you instantly back away from; that is because you are not blending well together. But that does not stop the meeting, because my dear friend, it is another lesson for you to learn. It gives you the opportunity for *understanding*, for *forgiveness perhaps*. You see?

Lilian: Yes, forgiveness is a big part of lessons we must learn, I imagine.

Rod: Probably one of my biggest puzzles, Salumet, is forgiveness, because karma keeps coming in, and I just don't understand that. Karma and forgiveness don't seem to go hand-in-hand and there must be something deeper in this that I cannot understand.

Karma and forgiveness—you do not feel you can forgive?

Rod: Oh, yes, very much so.

Why do you ...

Rod: But then you say that people come back onto Earth and they suffer through karma and I assume that is because they've done something bad in their previous life.

You must not judge my friend. Why do you assume that it must be bad? Karma is only dealing with what has not been dealt with in another lifetime. It can be a fear, it can be unforgiving attitudes. It is not always that you have done wrong—I do not like to use that word, because all of life is light and darkness. Karma only means that you must do what has been left undone. That is the simplest way to look at karma.

Rod: That's a big help.

Karma is only a word used by people in your world who at times would like to control others by explaining actions in their lives as being 'bad'. Karma is not bad, it is 'unfinished business'.

Rod: I should love to read this passage out to my wife, because that's always been a bit of a problem between my wife and myself, trying to argue that one out. So, thank you very, very much for that.

There is no need to argue my dear friend.

Laughter

Understanding—understanding of...

Rod: A friendly chat ... sorry! (*Chuckles*)

I forgive you!

More laughter

Perhaps now your friendly discussions can be looked upon with different eyes.

Rod: Yes! I'm so glad you've said that.

Sarah: When you said—when the twin towers in America, the planes were flown into them and they were wrecked, you said that was karma.

Again, when we speak of karma, it is not karmic just for individuals: there is karma that belongs to places and to countries and to planets. Again, you are generalizing about a word that is much misused in your world.

George: I think one expression of our language is 'political karma'.

Of course. You have to recognize again the power of thinking and you know my dear friend how powerful the thought is.

Sarah: Yes.

Yes, you all understand this now.

Sarah: You have taught us well.

Yes. So you then have to see the bigger picture behind thought, and there are many people who have thought in a lifetime and carried those, shall we say, 'damaging thoughts', for want of a better word. But that has to be resolved at some point. That is when in the next lifetime they will pay, as you would say, their karma. It is only unfinished business.

Sarah: Thank you very much.

Rod: This cosy chat has sort of brought me a lot closer to you Salumet. I thought I was close before but...

We do not wish you to be too close just yet?

General laughter

I am happy to answer any questions that you may have, but we are not ready for you.

Rod laughed a lot at the cosmic joke and was happy to learn that at 84 years of age, his current life continues.

George's note:

The 'ego I' is a useful part of our physical being, just so long as it doesn't get out of hand. But the 'I' of spirit, of divinity, is all-powerful and forever. It embraces all, and the one you see is the one you be. Our connection to that more fundamental 'I' can always of course be strengthened to good purpose, and Salumet is helping with this.

[Salumet discusses love energy](#)

The group members are asked to try and feel it, and experience its purity. It can be felt when people are unconditionally giving of themselves. Later, Jim asks amongst other things, could he too experience the love energy exuding from Salumet by direct touch. (27/11/06)

Good evening. (Welcomes)

I would like just to say that as you approach your yearly festivities, how much love is felt at this time of year. What I would wish to say to you is this: You know that all of existence is energy and we have spoken of energy on several occasions. But I wonder my dear friends, how aware you are when it comes to that energy of love and how different and pure it feels. I would say to you at this coming time of your year, when so many people are unconditionally giving of themselves, to try to become aware of what difference that energy is and becomes. I am sure that you would find that you are exhilarated by that awareness. It is something for you to ponder on I feel.

George: Yes I must say, I was considering the energy here tonight, which I'm trying to put the right word to it—I thought 'Powerful,' but that is not the word, because this energy is so easy to be with, **(Yes)** yet it is felt and as you say, sometimes the love energy does seem different again.

It is the purest of energy. Think of the mother with the new-born child and you can feel the expression of that unconditional love. But what I would like you to try this time is that during your coming weeks, to FEEL from other people, not only of like mind, but of strangers, of people who you come across in your everyday lives. Try to feel that love energy which comes from them, not towards you as an individual, but the awareness of that greater energy which is exuded. Do you understand? (Affirmed) I feel my dear friends, a great need for you all at this present time, to raise your understanding and awareness. I touched upon this last time, with those who were present and I know my words have been read, but I would like just to reiterate some of those words and to say to you that from this time, it is necessary for you all my dear friends, for your consciousness to be raised in all areas of this work. I know each one of you does very good work when it comes to sowing seeds, when it comes to speaking of people in need, but now we need each one of you to raise your own vibration and that must come from each one of you and only then will we be able to give you so much more; not because it is necessary for your growth, but because in this work, we must always go forward. I am sure you understand. (Affirmed) So I am placing some responsibility onto your own shoulders and I am sure that all of us in my world, will attempt to help and support and to convince you of many, many things and phenomena, because my dear friends, you have earned it. But we must not come to a stand-still, we must continue to move forward. (Pause) I hope my dear friends, as I have been speaking of love this evening, that each one of you *feels* the love that is surrounding each one of you at this very moment of your time. There are many with you for that purpose.

Lilian: Yes I'm sure we all do.

Now, I feel for this time I will take some questions from you and then I will continue to work quietly with this instrument.

George: Would I be right in thinking that in raising our awareness, this will be through meditation, through asking and through that inner feeling that seems to rise up?

Yes, you have to give a little more of yourselves outside of this room. You have to allow that spiritual being to become more prominent in your everyday living. If you wish to

make progress that, my dear friends, is what is needed. You have to live a life of example as well as question what this work is about. You understand?

George: Yes thank you.

Jim then had a question prepared which he read out using a small flashlight:

Jim: I now regard myself as a student, as you advised me that I have a lot to learn. I've been reading transcripts starting June 1994 and I'm very grateful for the opportunity to ask questions. On the transcript dated 14th August 1995, Les Bone was expressing the hope that transcripts would be published and you Salumet said at the time, that the time would come, when the information would be gathered, put down and distributed. The transcript that I am reading is an embodiment of what was then said. Some of the information could be regarded as direct teaching for all who read it. Some it appeared to me, was directed to the group present at the time. On this occasion, you asked that persons in the group place their hands on yours, or actually on those of the instrument (*Eileen*) for 10 seconds and then to return to their seat, to feel the energy given and later to tell Les Bone what was felt. This was done. As I read this I thought to myself, I would like to experience such direct contact as this. Could it be done for me? And finally, in January 1995, you said you had listened to the thoughts that came to you during the period since the previous meeting. Should I personally regard myself as one of the group in this sense, that is, would you listen to my thoughts? Thank you.

Yes I thank you for your question. Yes, when first I came to you, much of what I had to bring was new to the group and in fact I feel that I might say, some of my teaching was against the beliefs of some. But that was part of my coming, that we had a group who was not only prepared to listen, but who use their own thinking, their own inner knowledge to judge my words, whether they chose to believe my teachings or not. And you may think is that not foolish, would it not be better to choose people who would believe every word that is spoken. But that was not to be my choice. I of course came from a higher source, where much has been discussed before I came. But to return to your question my dear friend, I will take your last question first and say to you, that all who enter this room, all who come before us to listen to my words, is indeed included in what you term 'this group', because we could not allow anyone to enter this room, with any form of negativity. And I know the others will remember my words that I had told them: many would come and many would go. But all who come have left with some knowledge. So yes, your thoughts, as with every person within this room, I do take heed of. But it does not mean that I will express those thoughts to you, but I will try to help in whatever way is allowed. Also my dear friend, if you feel a great need to place your hands onto this instrument, hopefully you will feel the same energy that the others did in time gone by. Therefore, I say to you, if you wish the opportunity, to take it now.

(Jim then approached the instrument)

Very lightly, no pressure on the instrument's hands please. Place them flatly on the palms and feel the love and the energy which comes to you. (Pause)

This gentleman has healing hands.

Jim: I need to reflect on this.

[Salumet reminds us of the responsibility that we have been given towards the growth for our own souls](#)

Central to this, is quiet time, and daily meditation, without which we cannot progress.
(11/12/06)

George: Thank you. I wanted to thank you anyway, for being with me last Monday morning when I had an interview with Barry Eaton, and I asked for help on that occasion and I felt you were with me—thank you for that.

There is no need my dear friend for thanks, after all you are an emissary of spirit. You have done much to give to all people the word of truth; for this, we give you *our* thanks.

George: We all do our best.

Yes indeed, but I wish to say to you this time, that I have spoken much of individual development. And of course, you are all individuals on a very individual pathway of opening to spirit, and that is as it should be. But, when you come together in this room, there is a connection with you all which proves most important to the work and the truth that I bring to you. So therefore again, my dear friends, I say to you: please dwell on your responsibility for your own spirit. Strive ever forward to try to achieve all that you can whilst you inhabit these bodies. It is not only for your benefit, but for the soul's growth that I ask of you these things. And we have seen much growth in these past few of your months, and although you may not recognise or understand it, the growth of each one of you is within and it shows to us who come to you each time. Therefore, this evening, I want you to once more look within—to think of your meditation with love each day, because without the quiet mind you will not progress. And the quiet mind, my dear friends, is what you are trying to achieve in your everyday lives. I understand, for some it is not easy, that the wars of the world bear heavily upon your shoulders, but you have now at your fingertips much more knowledge than before and it is apt for you to continue to move forward on that road which has been laid before you. After all my dear friends, you have already made the choice to grow spiritually when you took this pathway. I have never promised it would be easy, but it has given to you the responsibility for your own souls, and that is most important.

Clairvoyance

Important for those who have the gift of clairvoyance to show some restraint when dealing with others. Jan's question gives Salumet an opportunity to explain. (5/2/07)

Jan: I have a question, Salumet that I think relates to clairvoyance, maybe. And the reason I say 'maybe' is, in my everyday life I think sometimes people look upon me as being, not strange, but rather arrogant because when they're talking to me, I get true pictures of what they're telling me and for years I thought it was just my imagination but as times goes on I think it's more clairvoyance, so I find myself answering them before they've even told me. Does that make sense or is it purely... Is it part of my development?

It is part of *you*, not development. What I might suggest to you my dear friend is control, not that you can change what you *feel* and what you clearly see, but you must have

restraint when dealing with another person. And that applies to *all* gifts—there must be an element of control if you are not to allow it to overtake your life. Do you understand?

Jan: I think so.

Yes. Try to focus without speaking and then...

Jan: But even when I do that, I can still see vividly and I have empathy for what they're telling me—it's more than just somebody telling me a story or a problem, I feel it. I feel it more so in recent years than I ever did before.

Yes. It is part of you. It is something that will become stronger as it is used, but I say 'have control in using what you see and the words that come to you'.

Jan: So you're not asking me not to see.

No. You are clear-seeing—you have that gift, do not doubt it, but just have a little control over it or use it in a more controlled manner.

Jan: I understand.

You understand.

Jan: Yes I do.

Sarah: It's been very helpful actually, her clairvoyance, when we have Bonniol through, because she's able to see things that perhaps Bonniol can't explain to us.

Yes. That is why each one of you have...you *are* spirit, you should be using the spiritual aids that you all have. It may be that another may not *see* so clearly, but can still *feel* what the other person is saying and have that same understanding without the clear vision. You understand? (Affirmed) You all must develop those spiritual gifts as you call them. They are not gifts, they are your *right*—they are what you are. But it is up to each and every one of you in this lifetime to continue to use these aids of spirit—I prefer to call them *aids*, rather than *gifts*. The Great Creator does not give *gifts*, because you are part of Creation. Do you understand? (Affirmed) You are all *part* of Creation—you are not a gift, you are part of it.

Jan: I think on Earth we use that term very loosely, don't we? We talk of 'oh, it must be a gift' or 'they are gifted'.

...When it is so natural—yes, you are correct.

'Stuck' knowledge within our DNA

A little-known fact is that many upon this planet have knowledge stuck within their DNA, within their genes. This 'stuck' knowledge is holding the planet back in its spiritual growth as Salumet explains. (5/3/07)

I have told you on many occasions that *our* purpose this time is to bring truth and that you people on this planet to recognize that truth. I also have told you that this cannot happen in *your* lifetime; it is a step by step, slow progress, but nevertheless it is happening, and all of us in *my* world are pleased to see this progress.

Sarah: We are very pleased to hear, too, that it's happening.

I would just like to stay on this subject for a little while longer and to tell you my dear friends a little of progress that is being made between our world and yours. Not only is the consciousness of man being raised—and I would say it is partly being raised because

of the life of many good people upon this Earth who *show* their love and their knowledge by example—that is a way forward, to show by the way you live your own lives. But what we in my world are trying to achieve now is to alter all of the ‘stuck’ knowledge that is within your DNAs. This is little known at this time, but there are those upon your Earth who are gaining knowledge of this particular aspect of change. I feel some questions at this point...

Graham: Could you expand a bit on what you mean by DNA and stuck knowledge in DNA? **In the same way as all conditions of your life are within your DNA pattern, so also are thoughts.**

Graham: That’s interesting.

George: Does this change connect to a noticeable degree in genetic change?

Not particularly. It is something that has always existed but mankind down through the ages in many areas of living has become ‘stuck’—I believe that is your common word—and it remains so. Rather similar to those of you who reincarnate with problems from past lives, so too does humankind come with DNAs which are stuck.

George: So I think you’re saying that there’s a particular spiritual connection to the DNA helix.

Of course, of course, although it has the physical connotations, all of spirit has to be involved in these things. That is a way forward to release people from past thoughts and actions. It is something for you to think about and I will bring more to you when you have pondered those words.

George: Yes, I imagine it is not quite like wiping a slate clean. Perhaps that’s ...

That cannot be.

George: No (*Chuckle*)

That would be much too easy, would it not?

George: Yes, but it is a factor that would make our way forward a little easier.

Changing your lives and thinking and to become that more spiritual being.

Sara: Re-programming the mind with better thoughts, more positive thoughts.

Yes, that is exactly what it would achieve.

Sara: So that clearly relates to what was said recently about the fact that any condition can be overcome, not necessarily taken away but overcome by the power of thinking.

Yes. Again, it demonstrates the power of the mind. Do you see how thinking joins in all aspects of your lives and how powerful it is? (Yes) It is that part of you which will always exist. Therefore, that is something for you to think about and I will await your questions next time. But it is a little more knowledge that will come from many angles, from many countries, because we in spirit are working with *many* in this work.

George: Yes, I’m sure it is true to say that we have not really thought about a DNA link.

No. It is something that is very new to your knowledge I know, DNA, in the amount of years that it has been discovered, but of course in our world it has been known forever—so it is not new. So, I hope my dear friends it has given you a little more to consider.

George: Yes indeed.

Graham: DNA is linked with our future evolution (**yes**), so if we’re stuck with past consciousness in our DNA which we have at the moment, if we can let that go and move forward with our spiritual learning and awareness, then we will physically evolve as well.

Yes. Would you like to sit here?

Much amusement

Graham: I’m not quite qualified yet!

You started this conversation and now you have given a very apt explanation. It just shows how much you have all grown.

In the notes at the end of this session, George has followed some current research on DNA and thinking amongst scientists and observers in this field. According to one group, our DNA is not only responsible for the construction of our body but also serves as data storage and communication. This can be accessed through the Salumet and Friends transcript dated 8/3/07. Science is becoming aware of the deeper aspects of our existence!

On 12/3/07 George takes up the trail from the previous week with a report that discovered information can be input **into DNA** and output **from DNA** to create influence.

George: Before questions, perhaps I could say that I looked at the internet two days after the last meeting, and I found two items that relate to *thought modifying DNA* and there is some interesting information, and one of those items was posted on the internet two days after our meeting. The DNA was described in one of those reports as 'like a biological internet'. I think the meaning there is that the information can be put into the DNA and information also comes from the DNA to have its influence.

Yes, that energy, whether going in or out, is transmuted. Yes, you are correct. But it is not new as I have told you—it is only that it is beginning to enter the consciousness of man that it is now becoming more available to human thinking.

George: Certainly, there is the evidence on the internet that, as you say, it is entering the consciousness.

Yes, that is the purpose for it and of course that mankind might have better control of his own spiritual being.

George: Yes, it is openly declared that thought and words have that influence and...

As you well know my dear friend—that I have told you on many of your years now.

George: Indeed, and I think that thought can come from the individual himself, or it can come from a healer, or it can come from those in spirit, or as I think you were saying last time, it can enter from *deeper* spirit. All those thought places would, I think, have their effect.

Of course, your words are completely right.

George: Thank you, it's good to have your confirmation on that.

I applaud the fact that you have gone on and found for yourself what is being made available in other areas. That, my dear friends, will and should satisfy your own need for what you would call 'proof'. Do you not agree?

George: Yes, I happily accept it and I think a number who read our transcripts will see that as proof and find that reassuring.

Yes. It is up to them to consider *our* words and whether or not they are happy to accept truth. We are not here to force anything upon anyone, but rather to encourage deeper thinking for oneself. Yes? (Agreed)

Sarah: Going back to the DNA, Salumet. In changing it with our thought, will that actually show up on the physical DNA? I was only wondering, because people who've committed

crimes have been trapped through their DNA and if the DNA were to be changed in some way, would they still be able to recognize that person?

Yes, each one of you has your own individuality stamped within the DNA and although it can be transmuted, it is not to such an extent that the *physical* individual could not be recognized. You understand?

Sarah: Yes, I do, thank you.

On the 30/7/07, Salumet gives more information on DNA with a prediction that the currently held view that only 10% of our DNA is used will go up to 40%. Watch this space!

George: And I know our science is aware that something like 10% of DNA has good purpose, and there's a further 90% which does not appear yet to have good purpose, and it is in some scientific circles referred to as 'junk DNA'...

May I interrupt and say to you, that your scientists will soon be considering another 30% 'good DNA'. That is to come.

George: Wonderful!

Remember that always the influence comes from our world.

George: Yes, wonderful, and the implication is that the other 90% will have proper application, as it was meant in the first place, I am sure (**yes**). Equally, that part of the brain which is not seen to have application—that will also come into play, I'm sure.

You only have to think of all of those seers and mystics, as you call them in your world.

They are using more than 10%. Is it not logical that this must be so?

George: Indeed. They are able to make the connections which utilise...

Yes, much more easily. But yes, I agree that on the whole, so much is not utilised.

Is the mind 'spiritual' and the brain 'physical'?

This question was asked by Sarah. This was asked as there had been some confusion from the previous evening. Salumet goes onto giving a little more information about spirit world. (27/8/07)

Sarah: Salumet, last week you talked about the physical mind. I was under the impression that the mind was spiritual, and the brain was physical.

Yes. It was just a misuse of the words which can happen. Of course, the mind belongs to spirit and the mind, if you like, in physical terms is called the brain. I apologize if I confused you.

Sarah: That's okay.

George: And again, would I be correct in thinking that a tiny part of mind is more or less fixed to brain so that tempts us to think of that tiny part as physical?

Well, you cannot separate the spiritual and the physical—they have to intermingle. They co-exist as one, but it is only when the physical overcoat has outgrown its use that the spiritual mind then moves forward.

George: Ah, it then becomes *totally free*.

Yes, again, it is a separateness. (Yes) You see the connection there...

George: Thank you—that does help.

Rod: You did say Salumet that by the end of this year we would all notice a difference—I forget the word...

Paul: A sort of metamorphosis.

Rod: That's the word—I had to look it up. Would we notice this difference?

You should become *aware* of any change within yourselves. Do not look for *physical* change, although that also can happen at the same time. As I have said, the physical and the spiritual have to coexist. One cannot exist without the other. But yes, I hope that you would recognise within yourselves that change.

George: Yes. I wonder if it might also show in our communication with others and attraction between ourselves and others?

Yes. That would be the *purpose* of any change, any *unfoldment* that you may have in order that spiritually you go forward, because what you do not wish to do is to stay at one level. All is available to you—all spiritual power and gifts of spirit are within. But although I can come to you and tell you what you are capable of, I cannot do it for you. That, my dear friends, is up to each and every one of you. You understand? (*Several affirmed*) But of course we bring the opportunities to you, and it is up to you to use that spiritual awareness at all times, to put to one side all fear and all negativity and to go forward with your lives.

George: Yes, we are all so blessed with your teaching and last time, there was one from spirit, who followed you, and he spoke of how your being and teaching, shall I say, presented itself to him in spirit and it sounded truly wonderful. He was obviously sensing energies and sound and light of which we are not aware ourselves, sadly. But it sounded a wonderful description.

Yes. I have to say my dear friend that I am most humbled when I hear words such as those you have just used. Of course, I come to you on a mission of truth and love, and I have not always explained to you fully what this communication means, and how difficult at times it can become. But that is of no consequence for you; but to hear words as you have used them, I am indeed most humbled.

George: It just goes to show how these words are appreciated, not just by ourselves here, but by those in spirit as well, and that's a lovely realisation for us.

Yes, if only you could see the enthusiasm that is shown when the opportunity to learn is given to many of these souls. It is a wondrous sight at times to see such joy.

Rod: Is the learning in spirit by *thought*, or is it by reading books, or by what method?

It depends on where you are at certain times. Of course, there are available to you many halls of learning which anyone can go to and there we have the most beautiful books with all knowledge within, but as you progress through spirit it is a different way of learning. Sometimes words are unnecessary, but for some, they like to hear spoken words, because that is what has always brought comfort to them. And spirit is a place of—whatever you need or want is available to you.

Rod: There's just one little thing: you did say when you are in spirit, you communicated in thought, I thought **(Yes)** and suddenly I felt that it must feel lonely, but I hope I'm wrong on that and you're not lonely, in spirit.

My dear friend: that is a word that is never used in our world. You cannot be lonely when you are surrounded by great love and beauty.

Rod: Ah, that's nice.

In a sense you are a little fearful of the unknown but let me reassure you that as great joy is within your world when a child is born, that also happens in our world when you are reborn into that home from which you came. You are surrounded by love—you are never alone at any stage.

Rod: Beautiful.

Sarah: Salumet, going back to the mind—thought and mind: when the mind is released from the physical brain/body whatever, that goes into spirit and that is your thought. Am I right? **(Yes)** So when a baby is born and they have a physical brain and they have their mind again, this mind that comes, is that the spirit that comes with you? I am just a little confused on that.

You are seeing mind and spirit separately when in fact it is not. Mind *is* spirit (Yes). Yes. Try to focus and it will seem less confusing.

Sarah: Yes, thank you.

[We have reached a point where, no matter what I say to you, the important thing is that each one of you takes that knowledge and 'lives' that knowledge](#)

'Never forget what the essence of life is about—and that is love, the expression of love in your daily lives, not the emotional love that you all are so fond of, but the *spiritual love* which comes from within.' (18/2/08)

You have to now live lives as spiritual beings; you have to put to one side the human side and show and live *Spirit!*

Salumet goes onto to say that we now must have action and live our lives with the knowledge that we have been given.

Your energies here this time, your light of love, is most strong and it gives us all the opportunity to say 'thank you' for this, because of course, I say again, without your love, your energies, your devotion, these meetings could not take place. I felt that last time has brought to each one of you a little more to think about, to think about your own space, your own time, and what is happening within that time.

George: It is a great encouragement for us to think more widely and not only about the biological side of things, but the most important influence that comes to us from spirit in relation to evolution.

Yes. Although all of these things are interesting for you, they, of course, are not the essential parts of the teaching. All of your questions, all of my answers, hopefully brings you to the realization that there is more to life than most people can see, but my dear friends, we have reached a point where, no matter what I say to you, the important thing is that each one of you takes that knowledge and 'lives' that knowledge, because in the expression of that knowledge and love, *that is how you grow*. I could say to you a thousand of your words, but if you do not take those words and utilize them for good,

what is the purpose? You understand? (*Affirmed*) Therefore it is essential my dear friends that we give some time to going within each individual and to realize who and what you are, to never forget what the essence of life is about—and that is love, the expression of love in your daily lives, not the emotional love that you all are so fond of, but the *spiritual love* which comes from within. I have shown you *mind connection* that comes far from your earthly world. You have communications where we have told you a little of life in our world. I have declared to you *truths* for this world and also denials of words which have been spoken. All of these things are indeed good for your growth, but there comes a time when we have to have fewer words and more action. You understand what I am saying to you?

Lilian: Yes, exuding love a little more, we do—each one maybe?

You have to now live lives as spiritual beings; you have to put to one side the human side and show and live *Spirit*. I therefore say to you my dear friends that I will continue to remind you often of the truths I have given, but I may not always be with you quite so often, but that does not mean that I am not aware of you. But we wish now, for you to develop your own spirits. You have reached a stage where you have gone through learning, finding knowledge of spirit, learning of truths of spirit, but you have to know yourselves, it is important. It is important for the work to go forward and that, my dear friends I must give all of you some credit for, because each one of you works so well in extending that truth which I have brought to you. I believe I have said on many occasions, *there is no new truth*—it has always been with you—and now it is your responsibility to utilize those truths, to help others when appropriate, never to judge, and to feel, FEEL with the spirit within, and that is different from feeling with the emotions. *You have to take control of those emotions* and that I would say to our dear gentleman friend (*Rod*) who is new or newer to our group than others that he still finds that part most difficult, because he is an emotional human being, as you all are, but to allow the spirit to come forth, you must take command of that emotional being. Have you any questions about that?

Rod: That's a tough statement. Are you talking to me, Salumet, in that case? (**Yes**) Yes, I'm an emotional person and they do overwhelm me a bit (**yes**) but to say—I don't know if I could contain them, I've got to I suppose. I was trying to take in your other things, to conquer fear (**yes**), to push out love. Now I often wonder whether I push out the right love. I lie in bed and push out this love to the universe as you tell me to.

Yes. But it is emotional. It is coming from the emotional being rather than that pure love, without becoming involved. There is a difference, but it comes in time. I *feel* that you could take examples from our dear friends within the room.

Rod: Yes, you're right there.

We all have emotions here, but to a certain extent they are contained.

Rod: Yes, I realize this when you do the rescues—and I realize that. They overwhelm me, but I must try and ...

George: There is a sadness in the room this evening. Our dear friend, Jim, who is now in spirit (**yes**). We know that he is in the light...

Although he was seeking, all of you have helped him; by being here with you it helped to secure some knowledge of what lay ahead, although he was a little reluctant spiritually to leave that old body behind, but of course he accepted it as you know. But he will be helped.

Rod: He's probably asked a thousand questions since he's been up there, I expect.

He has had to rest for a while. Yes, he will no doubt want the answers to many things, but I know he would wish to thank you all.

George: We know he was physically very weak, so yes, I imagine it would take a little time **(yes)** to recover from it.

Yes, just a short time, but it helps when you have some knowledge of where you are going home to.

Lilian: I think it's quite tough on his wife at the moment.

Yes, we never cease to be amazed by humankind and how distressed they become when their loved ones are being reborn. If only you could see the tears shed here when spirit decides to come into another physical body—there are tears shed then. What you call birth is to the spirit darkness for a while until they realize that it is for their own growth that it is happening.

Sarah: You mean the one who's being born sheds tears, or the ones left behind?

Sometimes and those who are close to them, but not tears as you would understand tears but a heaviness.

Sarah: Parting for a while...

Yes, until they return home and then there is much joy. It is only you humans who are left that feel this deep loss and this pain when you should be rejoicing for those loved ones.

Sarah: We're lucky that we have the knowledge now; it makes it much easier for us.

Yes. Yes, you must always bring it to the fore of your thinking, it will help. But because of your conditioning, your many years of seeing 'death', as you call it, it has led to this deep sorrow within each one of you when in fact the union which takes place in coming home to our world is something to behold.

Rod: I suppose way, way back in our lives, well in my life anyway, when you were in your teens and early twenties and somebody was killed, it was a blackness that we just didn't understand, it was the end **(yes)**. So there were certain factors and that takes a long while to shun that.

Because it is the lack of knowledge—it is the fear of not knowing and I have spoken too many times about fear (yes). Yes. You only have love or fear and why not live your earthly time in love and leave those fearful thoughts behind.

Sarah: I must say that my daughter has had a long time of being ill—she was depressed and she has got through that and now she's just been ill again, not with depression but just physically ill, but she said, *'Mum, you know, I think I've had this illness to make me think and go within.'* So your teachings have helped her enormously.

Those are wise words and the recognition from within will help her.

Sarah: Good, thank you.

Now my dear friends, have you any questions this time?

George: I would just like to say something about your words to us on evolution last time, Salumet. There are so many in our world who feel that the scientific material side of evolution explains all, but it's very good for us to have this information, this much wider information, because there are many who read the transcripts and I feel it is important that we put that fuller picture to others.

Yes. Of course, I have told you in previous time that all of these people are being influenced for the right information, but it takes much time. And of course, the information which can be given to you is very limited because you are one small part of the whole and your understanding is not great enough to accept what lies beyond the tip of the iceberg, and that is where we are, at the very tip. To know what lies beneath will

take many eons of your time before full understanding could be complete. That is why it has to remain simple in order that understanding is acceptable. Because you see my dear friend, everyone is at a different stage of development and understanding, so you can therefore understand the problem in teaching. It is like taking a school of people of different standards and ages and trying to teach them all one thing; it would not work, you agree? (Yes) And this is what is happening now when we try to give of the truth. There will be those who never understand in this lifetime, there are those who might pick up a glimmer of hope, there are those who will accept the information readily and make use of it and there will be those who always just question and procrastinate forever. You understand? (Yes) That is why I have always tried to keep these teachings simple for you, in order that *all* kinds of people will take something from it for their own growth.

George: Yes, I'm sure you have given us a sufficiency Salumet, if I could put it like that.

Yes, thank you, thank you.

George: We spoke of the physical brain last time and its connection to mind (**yes**) and there is also the facility to translate thought into language (**yes**). Wonderful! But I just wanted to say that we also appreciate that the development of the brain had to have its connection to spirit in the first place.

Without the connection to spirit, there is no brain!

George: Yes, so, although we speak of that physical thing, all comes from spirit really.

Spirit is the spark of all life; it is as simple as that. We spoke last time about intelligence in all things—and that is the element which has grown in humankind—and of course, that also includes the brain. But it is most interesting, do you not agree, to see how much more a brain can be developed if it is utilized properly and also how confused it can become in giving out of information. I, of course, am simplifying those things, but it is true and that is to do with the evolution of man as he has come through many stages of his evolution. But that brain from the very beginning has had all the essentials of truth, because of the connection to mind. You understand?

George: Yes.

Do not forget that. Although we speak of developing brains, it is only that the brain has not fully activated.

George: Yes. It is our connection to soul (**yes**) and to all-knowledge ...

All knowledge is already there.

George: And we appreciate the brain has much spare capacity which has not quite fallen into place yet.

Yes, but it is a wonderful piece of equipment for human form, do you not agree?

George: Yes! In a sense, as far as *this* civilization is concerned, there is much forward planning there and much spare capacity which will doubtless come into use at a later stage (**yes**). Is that a true statement?

But as I said to you last time, we are not impressed by intelligent people.

George: Perhaps I talk too much!

No, you seek. You are a seeker, and for that we would always help you, but what is more important is that you go within and seek that knowledge from within. You understand?

George: Yes, indeed.

Jan: As human beings we're five-sensory but when we become spiritual beings, we have six senses and it's that sixth sense, as it's commonly known, that I feel that we're here to develop.

Is it not interesting that man limits senses to six? You will be surprised.

Jan: How many more there are...

Yes.

Jan: I would class the spirit at the moment, because I am five-sensory, but I'd like to think that my spiritual side is my sixth sense (**yes**), but if I can develop many senses, then ...

Your sixth sense, as you call it, could enable you to expand throughout the universe. There would be no limitations, shall we say, whereas what you call *human senses of the brain* are very limiting, as you now know it.

Jan: Yes, they are limiting (**yes**).

Rod: We can only get this by meditation, I think. Is that right?

That is what mankind now needs to do, to go within. For some it is simple; they have come into this world with their senses intact. They are your mediums of the world who have known from quite far back that they have been given, or so they think, some gift when in fact it is a natural happening that you all have.

Rod: So, for a person like me who has great difficulty in doing this, the only way is to persevere, I guess—there's no easy way out.

You have to give of time. You have to go within if you are to become in touch with that knowledge and truth. You cannot do it by saying 'I am a spiritual being and I will do this'—it does not happen. You have to now, and I will use your earthly words, you have to *earn* that knowledge once again, because it has been forgotten.

Jan: So, when you mentioned to us, Salumet, and suggested that you will be stepping back from us a little more at these meetings (**yes**) that is for us to develop precisely that.

Yes, it is important that we take you forward.

Jan: That's fine, thank you. Jokingly, we all have the equipment. We all now need to...

Use it.

Jan: ...'spark' it.

Yes.

Sarah: I know you say we mustn't have emotions, but I have to say the thought that you're not going to come regularly makes me quite sad.

Jan: I think we all felt that sort of jolt.

It only means it will not be most weeks as it is now, but there will be many opportunities, I assure you, but it's important that the times I do not come that you really sit and let the others come to you and help you to grow.

Jan: I can understand, Salumet, why you feel that we're at the right junction in time to do this, because it's very comfortable for us to sit here and listen to your words, but I feel that we need to do more as a group (**yes**) to blend that energy and to take that forward.

Yes, you have to experience other things for yourselves and although it gives me great pleasure, it makes this heart full. I have to be responsible in all of my actions. It is comfortable too, because my love for you all is so great.

Jan: It's joyful to know that Salumet is still with us and watching over us all.

I would like you to take those words as a great respect for you all my dear friends, because I know that you can achieve much. I know you are already spreading the word and, as I have said, there comes a point in your realization that you have to go deeper, and I will of course try to help each one of you.

(General thanks)

Sarah: And, Salumet, will it give you a chance to go back to where you belong more often now?

Of course.

Sarah: Yes, good.

I do not remain here, but I will be aware and of course, will be able to continue with my own growth, if you like, because it is never-ending and there is much that I can achieve.

Sarah: And do you feel you have grown since you've been with us?

I have seen over the last few times of leaving you that we have been treading the right pathway and that of course—I almost said brings me 'joy', but that is an earthly word—but of course without you I could not have undertaken this work. But that does not mean you can begin to slacken off because I am not with you!

(Chuckles)

Jan: The people that—I'll use 'people' loosely, but the spirit beings that you brought with you tonight, are going to become, are they not, a more active role with us in our meetings?

Yes, that is the purpose of their visit here this time, but a lot, of course, will depend on each one of you.

Jan: And how we develop...

How you develop, how you blend with them, your connection with us and...

Jan: I feel them in the room now...

Good.

Jan: ...my voice is wavering. It is very powerful.

They are overjoyed, yes.

Jan: Very powerful and a lot of love being brought in the last couple of minutes.

Lilian: So will they be coming through to speak to us at all?

Not this time.

Lilian: At any time?

They will use you in the way that is best for each one of you and they will choose those of you who make the connection most strongly with them. There is much still for you to learn. But there are of course other subjects, which I have promised at times to speak about, and of course I intend to do so.

Sarah: That's good. Yes, 'pyramids' comes to mind.

There have been some that I have promised to return to, yes.

Sarah: Yes, thank you.

George: We cherish these meetings and shall look forward to the next.

George's Notes:

Living the Knowledge: Most importantly, this is what we now need to do. Looking back in time, it was Aristotle who said of the mysteries that they are to be 'experienced' not 'learned'. He was right. And I know, as we all know, that to sit before one such as Salumet, is in itself an 'experience' that far outweighs centuries of learned (and learning) societies debating the validity of mind and spirit in the scientific parlance. That is one application of Aristotle's truth. That we should now 'live the knowledge' as taught by Salumet is a further application of that truth.

Love: Salumet makes the point that it may spring from emotion or spirit. On an earlier occasion he spoke of that love between mother and child as being an example of the purest love. I think it might be correct to say that, with love in its purest form, the emotion of fear would not even enter the equation.

Brain has all the essentials of truth: This is a big statement. Daily meditation strengthens our (soul aspect) connection to parent soul. Parent soul as part of spirit, has all-knowledge. Masters who, in various modes, come to Earth to teach have perfect connection to soul / spirit / all-knowledge. Hence, they are able to work what we can only describe as 'miracles'. They are able to manipulate the cosmos in a way that physical humans cannot. In Salumet's case, he has on occasion as part of our instruction, 'arranged for' soul aspects from our history to come and speak with us and to answer our questions. That he comes to us in the way that he does, is perhaps another miracle, although we have become aware of some of the considerations involved. It is well reported how Jesus was able to heal. Ordinary humans are not able to do these things, at least not quite in the ways as understood, and we can only describe them as miracles. These things are made possible by and follow from that perfect connection.

Influence: Salumet has spoken several times on the way scientists and politicians receive 'influence' from spirit. This is how 'discoveries' and 'political successes' eventually come about. Perhaps the information that our little group receives must be tempered within or just behind this Earthly progression format. It would simply not work if we tried to dictate to our leaders!!! So information given has to be very carefully weighed, and we should not receive too much.

Brotherhood of man

Salumet starts by asking us about our understanding of 'Brotherhood of Man'. We recognise our equality within our human family and that we must let the layers of materialism fall away. (7/4/08)

What is your understanding of the phrase 'brotherhood of man'? Would anyone wish to say?

Jan: I believe it's our spiritual connection to every spiritual being that walks this planet.

Very good.

George: I would say a *oneness* that has many details within it.

Yes.

Rod: Everyone being interlinked.

Yes. So you see, by your expression of those words, you show that your understanding of that phrase has meaning; whereas most people on your earthly planet would say it was a connection to his fellow human being, where they feel that *equality* breeds that phrase 'brotherhood'. But my dear friends it shows to us that you have allowed the layers of materialism to drop from you, that each and every one of you understands and you are like the butterflies emerging from the chrysalis. So I say to you my dear friends, to us it shows just how much you have really grown. It is now time my dear friends for you to begin to fully emerge, to become that beautiful butterfly that spreads its beauty throughout your world.

Lilian: That's a lovely way to put it.

But of course it is no easy task. Butterflies as beautiful as they are have a short lifespan in this material world, as so do you all as human beings. This one lifetime is a very small part

of your existence and I also know that you understand this also. So my friends, that is another reason why in times to come we are going to devote more time to your individual development. Can you now see a purpose for this plan? *(Agreed)* Yes. Each one of you shines like a butterfly—has the beauty and the gentleness of the butterfly.

George: Yes, I think you—to perhaps phrase it differently: you speak of a spiritual cell of influence on the physical planet.

Yes. It is a realization of all that is already known but as always ... *(Salumet was silent for a while)* ... forgive my silence but to each one of you this time I extend that spiritual love that bonds between you all. I hope my dear friends that you feel it from us.

George: There is a very special feeling here tonight.

(And discussing afterwards, some of us clearly felt a tremendous ‘thick’ energy at this point.)

Yes, there is a unity here this evening, even although we have one who is quite new to our group, but indeed has had a bond with us through your many recorded words. Please accept the love that is being given to you this time; it comes not only from myself but from many, many others who have gathered here this time. So I say my dear friends, accept the love and the light and the knowledge of spirit that it uplifts and upholds you throughout each stage of physical being.

George: Wonderful. I think our silence means that we are almost overwhelmed by this.

Yes, and although my stay this time is short, I hope you *feel* the power of the love which is given to you.

Paul: Yes.

Lilian: Yes, thank you very much.

And I will say only my dear friends that your next time together will be given over to those who wish to come to help you to develop your own individual gifts—not even gifts but your spiritual rights. With that my dear friends, I will leave you. I will continue to work with this instrument *(Eileen)* for a short while and leave you all in the capable hands of our dear friend known to you as Lilian.

Lilian: Thank you.

[Spiritual awareness and connection can have strong positive effects on our day to day lives](#)

Salumet shares some jewels with the group on the importance of a strong spiritual connection. He also discusses what happens during sleep state and during meditation. (27/10/08)

Jan: On a dream theme, I have a house in a different part of the world to here, and I know that I'm much more relaxed and open when I'm there and I dream such a great deal more, and I believe it's because my spirit feels freer from the stresses that I feel here and I actually look forward to going because I have such strong spiritual dreams—that is a good description of them really. So our physical, in our dream state, does affect to a huge degree our spiritual side in sleep, I believe.

Yes, yes. The two cannot be separated. Whilst you are in human form, the spirit is housed within the *flesh* of the body, but as you all know and understand, you cannot ignore the needs of the human flesh, of the human situation; and that human part of you has to eat, has to sleep, has to rest for it to function fully. But to be a good vessel for spirit, that part is most important for the well-being of both flesh and spirit—you cannot separate them, because one will always affect the other. You understand?

Jan: Yes.

Sarah: So, the only time they are separated is when the spirit returns to its home again, back over the other side.

Not only in sleep-state, but in meditative state. When you meditate, the spirit is raised from the body, the mind is separate. In true meditation, you are joining more to the spiritual aspect of yourselves and in so doing you improve the human flesh side of the being. Does that make sense to you?

(Affirmed)

I feel sometimes, as human beings you cannot *see* or *feel* that close connection.

Sometimes the body is viewed as the all-important thing and the spirit is some distant form which is spoken about.

Jan: I think everybody in this room wishes immensely that it could be the other way around. As we've spoken on numerous occasions, our physical lives do encumber that spiritual side (**yes**) but for many people on this planet—and they're so easily recognizable—the ones that are spirit first, physical personality second, I think we can all admire from afar and the more you're involved in this work, the easier it is to recognize them.

Yes, and you recognize other human beings either by form or spirit, by expanding your own spiritual self. The more you expand spiritually, the more aware and sensitive to your fellow man you become.

Jan: It's a sensitivity that grows much more with maturity. It's a sensitivity I've found that's more empathy than sympathy and with your teachings, I've found it much easier to separate the emotion from that, apart from in my everyday life with my own children and that's my hardest part of all—to separate that.

We have never said it will be easy for you and I am sure many people who you would speak with will have some area within their lives that they find difficult, even with spiritual knowledge, but that is also part of your spiritual growth, because the struggles of life make you stop and view life differently. Would you not agree?

Jan: I would.

That is why I would say to you my dear friends: that is why people struggle when there is illness, when age comes to the human form. Why must there be pain/suffering? Because within those limits of pain and suffering, the spirit grows. The spirit recognizes itself, but the human side of you finds this most difficult to understand. How many times have you seen someone who has suffered much, shine through that pain ... that suffering, and they almost glow with that spirituality that they find. *They* are the inspiration for spirit. They are people who have found themselves and know that the pain and the suffering are but temporary.

Rod: Yes, amongst ourselves in the past we've always said that these people have got something special—they have something that we haven't got and that is right. I see where you're coming from.

That is wrong! That is not right, that is wrong, because you *all* have that ability.

Rod: Well they seem to outshine the likes of me.

Jan: That's because, Rod, their where they are at the moment on their growth and they've chosen to come with disabilities this time or ... and that's why they shine.

And you are being much too harsh on yourself my dear friend.

Lilian: That's nice to know.

You have many, many, many spiritual qualities my dear friend.

Rod: What, me?

Lilian: Yes.

So do not place yourself in another's shoes, because you are unique, you are individual, and you have those spiritual qualities which are needed to see you through this lifetime. So, do not be so harsh.

Rod: Well I will just say something that's a bit funny really, but this morning I went and spoke to a chap digging a hole and he got down to some concrete and he must have been in a temper. I was trying to make polite conversation and he was an angry man and it didn't matter what I said, he barked back. And I thought: *'I am getting nowhere here boy'*, so inwardly I said: *'and a happy Christmas to you boy'* and I went. I felt rather miserable with that chap. I didn't give him anything, no happiness at all.

You gave him everything: you gave him your time, you gave him your thoughts and your consideration. Those, my dear friend, are spiritual *qualities*; it is just that you do not *recognize* them as such. Still you doubt even though I have told you otherwise.

Rod: Yes.

Yes, but do not be concerned. Your heart is good.

Rod: Thank you for those kind words.

Daphne: Salumet, if I may interrupt and speak to you. I'm a new-comer to the group and I'm very happy within it. But I was shopping one day, and I went into a shop and a lady came up to me and she said, *'You're spiritual'*. And I said, *'Yes'* and she said, *'I could see it as soon as soon as you came through the door. Would you say a prayer for me, please? I have epilepsy.'* And I said, *'But how did you know?'* She said, *'I just knew as you walked through the door that you would help me.'* And that made me feel very humble to think of that.

Yes, but she had that spiritual knowing. She could see what you humans' term 'the aura' of a person.

Daphne: I see.

When you are attracted to another or you feel comfortable with another, it is because the spiritual lights that you all exude blend well together; in the same way as you feel uncomfortable with another. But you never should wish any harm to another human being, but what you do is you step backwards, and you send a thought of love to that person.

Daphne: I understand, thank you.

This is what I am speaking about when I speak of spiritual eyes and spiritual knowing. You have to work on it, you have to expand your own consciousness and that realization becomes easier for you.

Sarah: I think probably all of us have noticed that ... you saying about some people just see the physical beauty. But you can meet a very, very pretty person, or beautiful or handsome person and you don't really like what you see and yet you can see another person who really isn't very attractive, but you just think what a wonderful, lovely person they are! And that obviously is the spirit coming through.

Yes, that is true. Do not be fooled by the outward vehicle, because, imagine a very old, rusted car, for example, and if you are clever with your paint brush or whatever you use,

you can make an old, worn down, useless vehicle look very good. So, you see, it is easy for the human eye to be fooled, but not so those spiritual eyes. That is what I am trying, my dear friends, to get you to understand. It is important for your own soul growth.

Lilian: Yes, well I think what you've said tonight will really help us.

What does spiritual unfoldment entail?

Humble everyday living is spiritual unfoldment with friends or family. Feeling what is right, or wrong, is spiritual unfoldment, as our awareness continues to grow. (1/12/08)

When people speak of 'spiritual development' they always assume that it must mean some kind of extra phenomenon. I say to you all: *not so*. Just being alive in human form and living life, whether it be *merely* living in this lifetime, is part of your spiritual unfoldment. After all, when each one of you met someone with whom you could share your lives, or whenever you had your children, each of these things are part of your spiritual growth. So, I would like you, my dear friends, to understand what spiritual growth really means. I know how much you have grown, but do *you* realise how much you have grown? I hear you speak often of the way you recognise what you feel to be 'right' or 'wrong', and that awareness is also part of spiritual growth. But there comes a point, my dear friends, when everyday-living becomes not enough satisfaction for you, and you crave for the phenomenon that you read of and experience for yourselves to continually happen. I would say to you: be humble in all that you have, be humble with all that you have achieved, and be humble in what you wish for. Do you understand what I am saying to you?

(Affirmed)

George: Yes, It's easy to get carried away by the joy of progression...

Exactly!

George: ...And I must say I experienced joy in seeing the website that Richard has recently set up.

Yes.

George: Perhaps I should exercise more humility and temper that joy a little...

Joy ... joy is good, it is a good thing. But I do not want you to temper joy, I want you just to have the realisation that there is more to you as spirit than what happens to you in this lifetime. That is where the humility comes into play.

George: I understand.

I hope that each one of you this evening feels the great love which overshadows each one of you here. I hope that your recognition of the energy within this room is available to you at all times; that all you need to do is to call upon us for any help and unfoldment that you need. And again I will say to you, each one of you is developing at a different rate, in a different way, but also, as you come together on these evenings, you become united in spiritual force.

Lilian: Thank you

We are born into group-souls

We incarnate and reincarnate within the same soul group. He goes onto discuss how much heartache can result from parents not understanding that their child is a spiritual being in their own right. Discussion goes onto the problems, and greater responsibility, that comes from having greater knowledge, but so too, does the opportunity for greater progression. The expression, 'ignorance is bliss', is strongly refuted! (1/12/08)

Richard: Salumet... **(Yes)** I think more recently I've felt slightly detached when it comes to spiritual matters. I think it's probably attributed to the fact that there's a lot going on. But there have been occasions when I've felt like I needed help, or assistance, or been looking for guidance, but felt more distant from it than I have in the past.

My talk this evening, my dear friend, has been partly for your understanding; that life itself is part of spiritual unfoldment. I know you have had questions and sometimes you feel that more time should be devoted to what you term 'spiritual matters'. But what is 'spiritual matters' if it is not to be with people that you love, to see love grow and to see life encompass you? That is what I have been saying. Do not expect spiritual growth to be just phenomenon—that is not so. My dear friend you are still growing, you have made the connection with us, and when the time is right, there will always be something for you. Do you understand?

Richard: I do, I do, and I don't. It's always been said that there'll be something for me—I just...

You must be patient.

Richard: I know.

Time weighs heavily upon you, but what is time? Think of the word, be patient, my dear friend. You can and will be used, but only when *all* aspects of your life are correct (okay). Do you understand?

Richard: Yes.

Yes—we know, and we feel your puzzlement, but I am sure if you speak to the others within this room, they will tell you that they have spent many years developing and growing and accepting—and you are still young in human terms.

Richard: Um ... the little one that we have on the way—myself and my wife Anna—it was said when I wasn't here, or it had been mentioned that perhaps it was someone coming back to us. Do you have anything you can add to this?

You want to know details? Yes—that is so like you—I feel that you are not happy unless you have detail. All I will say to you, my dear friend, is that those who come to us in the form of new souls—babies—are already known to you. You may well have an affinity with the child and recognise that spiritual connection, because you realise that we always incarnate and reincarnate with the same group-soul. So, the child knows who it comes to, and sometimes when that knowledge is available, so too the parents will find the connection. You will have the stronger bond with the coming child.

Richard: The stronger connection?

With any children that you have, you will be the one with the stronger connection—not in everyday matters of looking after child or children.

Richard: No, I wouldn't have thought so. *(Chuckles)*

No, but in a spiritual manner, I am speaking of.

Richard: Yes. Well I hope that Anna will be persuaded to allow it or them to develop...

It will happen anyway, whether one person wishes it or not, if that child is meant to explore their own spirituality, then no other human being can stop it, you understand?

Richard: I understand that for sure.

Although, parents I have to say, in this Earthly world *feel* that they 'own' children—they do not. Your children are part of your own soul-group, and they may well have been something else in past times, like mothers, sons, daughters—you already have made agreement to what your connection will be in human lifetimes. So again, I will say to each one of you here, that you truly are only responsible for your own selves—your own spiritual self. So often, we have parents who blame themselves, for the way children behave, and of course, there have to be life's rules, I do not say otherwise, but what I say to you is that ultimately that child will grow and become their own being. So much grief and hardship is experienced by being parents in human form, because of the lack of understanding that that baby, that child, is a spiritual-being also.

Richard: I don't think it makes it any easier for us though.

Jan: I think that that knowledge, as mum and I have spoken on occasions, is just having that knowledge does make things so much easier. **(Yes)** If you just step back and think about it when you are a little anxious or cross—they are who they are **(yes)** and that certainly makes disappointments and things like that, just disappear.

Yes, and that comes with your own growth of spiritual awareness, and as you all know within the room, spiritual awareness changes the way you behave and the way that you think. You would agree?

(Affirmed)

Yes. That is spiritual awareness—spiritual awareness within the confines of human existence. I do not say because you have awareness, that life is easier.

Jan: I think it's actually *more difficult* because you have awareness.

It is more *responsibility* and sometimes a little harder *because* you have the knowledge.

Jan: With lots of situations, I'm sure we all find ourselves internalising and having conversations with yourself a lot more, than before I was aware **(yes)**. That obviously is awareness—it's tough sometimes—you analyse a lot more.

Richard: Ignorance is bliss!

(Chuckles)

Well, I would not agree with you on that one. Ignorance is not bliss, ignorance leaves you isolated, and you become static in your thoughts and feelings. Only when the spirit is free can it understand fully that all knowledge is available to it.

Richard: There are some people that I've spoken to recently that I work with—I've not come across it before—where they're not even slightly interested—it's almost like opposing magnets and something tells me not to pursue it. It's interesting that you can get such different people, and even different religions and different walks of life, where you'd think were one person would be spiritually minded, actually isn't at all.

But you see my dear friend, you are passing judgement. Because someone does not agree with your knowledge, does not mean they are not a spiritual being. They may well be the most spiritual being that you would ever know; because of their actions, their deeds, the way they embrace *life*. So just be a little careful before saying people are not spiritual. They do not always have need for what is termed 'religion', but they may have indeed a

very good heart. They may devote their lives to giving and helping others, without accepting any form of dogma.

George: Another one of our expressions is: *'actions speak louder than words'*, which seems to apply here.

Yes, and you do not always recognise the reason for a human being's purpose in this world. You do not have the wider picture. So, again I am repeating myself when I say my dear friends: do not judge another. Accept that they may be different from you, but they may just be on a different spiritual pathway. You understand?

(Affirmed)

Sarah: Yes, I'm glad you said that, because I think my brother is one of those examples. He doesn't take in what I say that you've taught us, but he is a very kind and generous person. **Yes, always the problem is when you come to what we call 'development'. You have to be a little careful that you do not feel superior to others who have less knowledge. Be aware of those feelings and those thoughts.**

Sarah: The thing is, the teachings you've given us—we're so enthusiastic them, we'd like everybody to know, but not everybody wants to...

But as our dear friend Richard has said, he felt he could not say too much and that is the feeling that he should have been aware of, because that is his own spirit telling him that those around are not ready for what *he* knows. It isn't that they are not as spiritual in any way, but they are perhaps just not ready for the information.

Richard: It is a very strange feeling to be compelled to shut up!

Yes, it is difficult to have, as our dear lady friend has said, when you have enthusiasm for something, and others do not share it with you. But be aware of those feelings of stepping backwards from them and try not to be too critical of them.

Jan: I think I liken that to: we don't all have the same musical taste or dress sense or likes in colours etc.—but that's fine, we're all individuals.

Yes, you are correct; yes, that is a good comparison, and you all have come for different reasons. To grow—to grow spiritually, that is the purpose of life, that is your aim; to find the 'I AM', as we have spoken of in the past—to find *who you are*.

Sarah: I suppose people like my brother, they're still growing, because of the good things they're doing.

Of course, of course. But you see, in criticising, you are doubting your own knowledge, in a way. That seems a strange way to say it to you, but you have to allow love to encompass *all* peoples in all walks of life, in whatever area they have chosen to tread. I know, my friends, it is not always easy, but that is part of your growth also. Who within this room would say that their whole life has been easy? Is there anyone?

(Several responded 'no')

No—then you should think: why is this? And I am sure my dear friends, that there are many, many, many less fortunate than yourselves...

(Affirmed)

And to overcome adversity in life is a great stepping stone.

Ann: And I think we grow from our challenges, don't we?

That should be. Not all human beings are able to, but if they learn something from it, that can only be for their good.

Sarah: Also I think life can be easier, especially with all the knowledge we've got from you—life *is* easier, because you realise there's a purpose in what's happening, so you tend to relax

a little bit more about it, because you think, well this is what is supposed to be and you just get on with it. So I think with your knowledge, life is a lot easier.

Yes.

Richard: I think there are obviously some occasions where you just can't accept things. I've certainly come across occasions where you think everything happens for a reason, but to just accept something, you can't do. It's a human trait that you're going to question everything.

Yes, but that is your acceptance of life and that also indicates where you are on your own spiritual development. As you travel through life just a little longer you might find that that statement you have made alters. But yes, you only deal with life as it comes along, but I say to you all once again: do not judge; do not judge another fellow human being.

George: Yes, I may come close to that in that I'm aware that there are many, many people who are within the Christian Church and very happy with where they are. I suspect there will at some stage be a happening which will just moderate their belief system in some way. I've recently been in touch with a group who call themselves 'Christian Parapsychologists', and I did wonder if this sort of group within the body of the church might possibly grow to be a bigger influence. Then again there is 'Paul' who is the psychic surgeon working through Ray Brown, and I understand that 'he' is going to write a book about spiritual principles. And it occurred to me that any Christian principles that come into that, might well be from the time when he was on the Earth, 2000-years ago, before the Christian Church of today was set up. So, his book could be a very serious influence to move belief-within-the-church a little bit. Would you have any comments on that?

Yes of course, the one you speak of will of course be influenced by what he knows and recognises, in the same way as (if) any of you within this room were to write a book now, of your life and times, it would have to reflect what you each know. You cannot write of other times, of other knowledge, of other spiritual principles unless you have experienced those for yourselves. Therefore, I would say to you that each individual has—and let's say this to you: you have lived other lives, you have experienced other things. So, whatever would come to you in spiritual ways would only reflect that knowledge. You cannot speak about subjects that you have no knowledge of. And going back to your friend who is about to write this book, there may well be inaccuracies in what has already been written; it may be that he can replace those words with those of truth and with the understanding of what he experienced. That of course would bring many books into disarray. But that will be for each individual to gauge for himself. You understand what I am telling you?

George: Yes, I think you're saying it's more of an *individual* influence than *en bloc* influence, pertaining to the church.

Yes.

Sarah: So, any knowledge that he has would obviously be spiritual knowledge, because you did say that once you die—physical death—your physical memory is erased, so it will be what the spirit brings forth; so it wouldn't be anything to do with the physical brain, it would be his spiritual mind that would be writing the book. Is that correct?

Because of the time that he lived, and the memory is still strong of that time, that is his work today—he can only bring forward what he knows and understands. If he belonged to another religion and wrote a book of the tenets of that religion, then it would only be of what he understood. You cannot speak of events of which you have no knowledge.

Sarah: So, when he writes this book, would he be writing it as St Paul, or would he be writing it as Ray Brown?

I would think he would have to write his book as Paul. He cannot write as Ray Brown, because he has no knowledge of the time.

George: Yes, he is Paul, he merely 'borrows' the body of Ray Brown, for working on the Earth.

Now, my dear friends, I will take my leave this time and allow the rest of your evening to continue. I will give you over to our dear lady friend and we will see what comes next.

(General thanks)

George's Notes:

The Christian Parapsychologist: A magazine published by The Churches' Fellowship for Psychical and Spiritual Studies, twice yearly.

Paul's Forthcoming Book: It will be most interesting to see how Paul, with memory of the teachings of Jesus as they were in the 1st-century and with the added benefit of sojourn in spirit accounts the details; such topics as connection to spirit, reincarnation and the happening on the road to Damascus.

Good leaders

Reference is made to some good examples of leadership. We should keep our leaders in our prayers, for they much need help. (28/9/09)

Graham: I was very encouraged by listening to President Obama. His effects around the world are being felt and he's saying some things like you've been saying, like 'decisions are really too often made on this planet due to fears'. **(yes)** He's beginning to use that sort of language, which I've found very encouraging.

Yes, and it will encourage many others. Those words are the words of a good leader (yes), and of course as we have said over time, world leaders should be in your prayers—they need our love, our influence, if they are to be good leaders of countries.

Rod: I've only recently been reading about Gorbachev—he was a leader of Russia—he got the Berlin Wall down and stopped the Cold War **(Yes)**. And I thought—what a wonderful character!—I don't know if he was spiritual, but he did a wonderful thing for the world!

Yes, you cannot isolate people from spirit; they are spirit first and foremost (yes). What actions people take within one lifetime is determined by their own freewill. They know within themselves what is right, what is wrong. But sometimes they feel forced to make decisions that are against their true nature and that is something they have to face when they come to spirit. But each person on this Earthly planet has 'good' within. There is not one human being who lives life in all fear or all 'evil' as you call it. There is always that light of love and goodness within every spirit; that is what has to be nurtured. Children have to be taught to be positive about all aspects of life, even those times when they feel life is not worth living for. And even children have these deep feelings and that is why it is important for parents who have children, to be encouraging and to show love and happiness as much as they can. There is a ripple effect—we have spoken of these things before—and again, I do not apologise for the repetitive nature of my words.

We are never given a situation that we cannot cope with

Salumet goes onto say, accept life as it is today, try not to be judgemental, do not crave for past times, for they are gone, and cannot be recaptured. Enjoy the simplicity of thought.
(1/3/10)

Each one of you has come to this lifetime for a purpose—for spiritual growth. And, I would say, my dear friends that life on this planet, was never meant to be ‘plain sailing’, as you humans would say. But, as spirit, each one of you has the capability to find in life, the strength to cope. You are never given, my dear friends, any situation that you cannot cope with. But of course, it helps if you develop the spirit within you—that makes you a much stronger human-being. So, I say to you all: accept life as it is today, try not to be judgemental, do not crave for past times, for they are gone, and cannot be recaptured.

George: It’s certainly a very *interesting* world that we have today.

Yes! It is at the stage of its evolution that it should be at. And it is up to mankind to help himself in whatever situations arise in your world.

George: Yes—I imagine that part of that helping himself will be a realisation that we’ve got our systems a little too complicated and there is a need to simplify. I hope I can say that without being critical.

Yes, yes—I would agree with you, my dear friend. Those words are true, but it is the *growth of spirit* that is important. Do not wish for time gone to return—it cannot happen, but what you must do, is to adapt to the *here and now*.

George: Yes—well, I imagine we can *look* to those past times and think—well, there are qualities there that we could well use today.

Of course! There is nothing wrong in looking backward, but you cannot bring the past forward—there is a difference, and it is in the *recognition* of that difference that will move you forward. You understand?

George: Yes. That makes very good sense. If we do look at the past—it’s how we see it and what use we could make of it.

Yes—take the good and move forward—yes. Too many people cling to situations in their lives, which should be discarded in order for the spirit to move forward. But as human-beings, naturally you find it more difficult, and always there are allowances made because you *are* human, and mistakes come easily to you, my dear friends. But what I wish to encourage within you, is to find that *inner* knowledge and strength—to move forward with Love, with goodness, with realisation that things can be better if you so desire. It is the *desire* which has to become stronger within you. I hope you can agree with my words.

George: Yes, I think you are saying also, that whatever the state or complexity, there is always room for the spirit to grow.

Yes. I use one word—SIMPLICITY—simplicity of thought and mind will always take you forward. Discard any *feelings* of disillusionment—any *feelings* of life being hard for you. All human beings come only to what they can cope with.

George: Yes—I was reading recently the gentleman Lucretius and he had this simplicity. I feel he was a great philosopher of great understanding, but he also approached things with a certain simplicity.

Yes—yes. What is better than simplicity, in all areas of your lives? I am afraid, as human beings, you make your own lives complex, sometimes unnecessarily, but that is a result of having freewill. We would not wish you to be without freewill, but in your humankind, it has created many problems for you, but as I have said on many occasions, you must look and understand—look to the fuller picture of life, before any kind of understanding can take place.

George: Yes, there are certain ingredients that always contribute towards evolution—and ...I've lost my train of thought...

You cannot stop the evolution of your planet. You can alter and change some situations—

George: And freewill, I was going to say (**yes**), is one of those important contributory factors.

Yes—humankind has the responsibility of taking care, not only of the physical body, but of the physical *planet*. And humankind must take responsibility for any thoughts or actions which have caused any result, which is negative to the evolution of your planet. But you will not stop your planet evolving.

George: Yes, responsibility and the realisation of that responsibility.

Yes, the realisation is the bigger word here—realisation—most important. Do you have any questions about this subject this time? (*Pause*) I am impressed, my dear friends, just listening to you this evening, how much you grow, how your thoughts are listened to, by each other, and responded to with love and goodwill. It is indeed, heart-warming for us in spirit to sit with a group, whether it be small in number or not—where people sit harmoniously and can listen to one another with love.

George: It's heart-warming to have those words. Thank you Salumet!

[The chicken or the egg question](#)

George unusually asks a rather mundane question, which leads to a wonderful reminder that we are almost totally spirit. (1/11/10)

George: I wonder if I could bring up a 'flippant' question. There is a question that is often used as a joke or jest: 'Which came first, the chicken or the egg?' This perplexes people who are entirely material in their thinking. But it occurred to me that there should be a proper answer to that question, and it might be that the chicken and its egg were developed in spirit first before both came to the Earth, but perhaps there's more to it than that. I wonder if there is a more sensible answer to that question which you could give us, Salumet.

You might ask why choose the chicken or the egg?

George: Yes, well—it applies to all life, of course.

Yes, which is a very flippant remark—and really not one to be answered sensibly; after all, when did chickens arrive in your world? The world existed so much longer. What came first before *all* humans, all animals, all insects—and I will use this only once and that is 'Love**'. That is the basis of your existence—and I feel I am being drawn by that word—you—**

(At this point our teacher, with arms outstretched became silent for approximately 2-minutes)

George: Yes, of course, spirit is the basis of all existence—

Paul: Love is the key.

(I began to wonder if, although not intended, my question might have been out-of-order. Then Salumet returned)

Forgive me, my dear friends—that question drew me back a little from whence I come. I have been told that a more serious answer is indeed asked for, and I will provide it for you next time. But, it has drawn me away from you and therefore I need to leave you this time. But, we will come back to it for you.

George: Wonderful! That is much appreciated.

The subject was returned to two weeks later. We were reminded that our planet and all on it are 99.9% non-material. We are all made from all-existence thus leaving questions such as the chicken and the egg as somewhat basic, even though George was trying to explore beginnings. We need to look beyond these many questions. We are also reminded that truth is in fact very simple. Discussion goes onto how nature arranges through Fermat's Theorem, where the next number is simply the sum of the two previous numbers. This is an example of the Great Intelligence that underpins all that there is. We often try to complicate but why do so when one word could replace ten. (15/11/10)

We parted last time with a question from the dear gentleman who sits close by.

George: Perhaps I could first apologise for upsetting the energy with the way the question was put.

Indeed you did not upset anything, but it was felt necessary to be a little more understanding than perhaps I would have been, and would have dismissed such a question. But you did not disturb the energy as such. I have to say, on the question asked, that it is felt my dear friends, that it was rather an irrelevant question concerning matters which connect you all in the same way to that loving energy, known to us all as the very existence of Life (Yes). If you take all of existence, mankind, as you are upon *this* planet is basically 99.9% non-material. You, my dear friends, are made from all existence—that Love, that powerful 'being' that is called the universal power. All universes, all beings, everything which exists is made from that energy—that loving energy; but you can see how insignificant that question is—did the chicken or the egg...

George: Yes, I was thinking that a species that reproduces itself, if I could put it like that (**yes**), has to have its beginning and I felt that beginning might be in spirit and, perhaps I was thinking too materially.

Yes I have to agree with you, my dear friend, but we never wish to dismiss any question, but I feel it is time for you to move a little further away from such mundane questions (Yes). We could make analogies of many things in your world—what came first, love or hate? Which came first, light or darkness? There are so many questions, but what you need to do is rise above all of these questions, because in asking these questions, you are, in effect, doubting. I do not mean that in an unkind way, but that is what mankind does.

George: Yes, I see the logical inference.

Yes, in seeking, you are seeking in the wrong way. Do you understand?

George: Yes, I take your point, Salumet.

Yes, it is difficult to explain to you without you having a fuller picture of creation, but it was felt necessary that I have this talk with you and to say: look beyond these many questions.

George: Yes—yes, I see that, thank you.

Yes, all of creation is unified—all of creation is part of each other. There cannot be division, therefore how can you answer such a question? I know, my dear friends, it is not the answer you expected, but this is the way you must go, if you are to blossom and to expand that non-material part that is you.

Lilian: Yes, and now you've told us that, it makes sense.

Do you understand what I am saying?

Sarah: So what you're really saying is that the difference between all that has been created is that 0.1% that is the physical (**yes**) the rest is—we're all the same (*spirit*).

Yes, Yes.

Lilian: We should look more to the spiritual side—

You have to—you *are* spirit. So many times, my dear friends, I have said those words to you, but until you can find that stillness within, which really is the true self, then all other matters become too important—you have to let them go; and then you will find, no matter what questions arise, in that stillness, you will have your answers.

Sarah: For me, you just talking about that percentage—that brings it really home to me just how much spirit we are, and those have been very useful words from you Salumet, for me anyway.

Even people who assume they are spiritual beings on this Earth, still look to that physical part, as being the main contender of life—that is not so—you *have to* recognise the true self, and these questions will become less important to you. So my answer to you, my friends, is that you *must* reach out and recognise yourselves first.

Sarah: When you left us last time, you said that it had touched the Source from whence you came, and your existence. Can you tell us a little about what actually happened to you?

What happened was that I was ready to answer the gentleman's question, but I felt a pull from our side of life. As you know, I have always come to you as a conglomerate of beings, and that pool of knowledge was the force behind my having to pull away from this lady—only very temporarily.

George: Yes, you once described yourself as one facet (**yes**) of a much larger diamond.

All I speak to you, my dear friends, does not come from a single unit.

George: So, did the pull relate to the diamond, shall I say?

If you wish to say that—that is acceptable—yes.

George: Thank you.

It was felt that you have grown so much that to spend time discussing such a question, was not necessary. You see, my dear friends, whether you understand or not, all of you have grown much.

George: I think we all feel that, Salumet.

But, now is the time to expand and allow your spirit to shine. You can take these words tonight and you can tell others that Truth is simple. There is no need for elaborate questions to be answered. All life is simple, when it comes to that Great Creative Force. The truth is simple. You are spiritual beings and that small percentage of you that is material body is, indeed, a very small part of your existence now. I hope that has helped you to understand.

George: Yes, I think that helps us to understand—and to understand ourselves.

Sarah: Because there is only a very small percentage of physical, but all the spirit is not just in this physical body is it? We also have some in spirit as well.

You, my dear friends, are part of a whole. Do not isolate yourselves as you would, being a human being. You see before you single entities, but let me tell you, the most part of you are unified—are part of that much greater whole—you *are* ‘existence’.

George: Yes, I think this is perhaps sensed in different ways by different people, and two of us recently met a mathematician, who referred to a particular mathematical theorem, known as Fermat’s Theorem, which was enunciated in the year 1637, but it borrows pieces of information that were realised by much earlier mathematicians. (*In fact, we had been requested to ask Salumet if he could explain Fermat’s Theorem! So I continued with some hesitation*) Coming out of that theorem, there are series of numbers which people have studied over thousands of years. Briefly, it refers to a series of numbers, deduced by an Italian gentleman, by the name of Fibonacci, and those numbers in the series are such that each is the sum of the two numbers before it, so that 0, 1, 1, 2, 3, 5, 8, 13, 21 are in that series. Now that series can be operated on to produce what is known as the Golden Mean Proportion, and these ratio numbers occur throughout nature—in leaf structure—in the shells of the seashore—in pine cones, and the Golden Mean Proportion which derives from this has been built into wonderful buildings by ancient people, and the proportions are always pleasing to the eye. It was ‘Red Cloud’ who said that the Creator of the universe and of the etheric realms was the most wonderful mathematician ever!

Yes, I take your words, my dear friend. Let me just say—do you feel the Universal Power—that Great Source of All Life is just random? You have to remember the Intelligence *behind* the Creation and of course that is what you are speaking about.

George: I think these mathematicians have *felt* that Intelligence.

And where does that intelligence come from—where do the mathematician’s numbers come from? It is simply impressed from spirit.

George: Ah! The understanding of the numbers, impressed from spirit.

Yes, from that Great Intelligence—that all-consuming *Power* that we all belong to (yes). It is simple, my dear friend, but so many on your planet try to complicate issues. The beauty of all Existence—as you say, take a leaf, take a flower—look at the perfection that it gives and where does it come from?

George: It is nice to have a record of understanding by these mathematicians who have been impressed.

Yes, they are being impressed by the beauty of simplicity, because it is beauty.

George: The beauty of the simplicity seems to have a structure within.

Yes, they are feeling the beauty of the Creator.

George: Yes, it’s not all of us who can find a way of describing it, but—

Try not, my dear friend, to describe, but to *feel*—to look with those eyes that have been given to you, to use all of those senses that you have been given. Use them for the purpose of growing spiritually stronger; and, once again, I will say to you all, my dear friends, find that stillness, and you will once more become part of the whole—and as always, I leave that Earthly responsibility with each one of you. But I do thank you, my dear friend, for your questions. I also have been given the opportunity to speak a little more about Creation, whereas last time, I was ready to dismiss it very quickly. So, I will say to you: I have learned much myself.

Lilian: That's interesting!

And with those words, I will take my leave.

George: I think we all have much deeper feelings as a result of your teachings, Salumet.

Thank you so much for that.

It is too easy to complicate everything—to use words which seem to be words of wisdom, but instead to use one word instead of ten is much more acceptable. Do you not agree?

(Heartfelt agreement from all)

The importance of trying to see the wider picture

This truth has been approached many times, but still we forget. The opening prayers this time includes mention of the many 'troubled zones' around our world and for those who suffer in consequence. Salumet acknowledges and then describes these events as a time of change and learning. We must not allow ourselves to become too bogged with the individual situations. Once we allow ourselves to become wrapped up with emotions, we too become part of the problem. (7/2/11)

I feel your own joy, and as I joined with you this time, it comes to me that you people, who have been so dedicated to this task of truth, are surely true followers of all that the Creator would wish. Again, I will say to you, my dear friends, that your Earth has many troubles at this time, but I would like you to think about these, as you call 'problems'—to think of them as a time of change and a time of learning.

George: Yes I imagine changing consciousness embraces all these, what we call 'troubles'. Yes—after all, in time of trouble, does not the human soul come into its own? (Yes) Does not that swell of love and kindness shine forth, no matter which part of this Earth plane you are residing on. Languages do not matter, the differences mean nothing when it comes to the love of the soul. Therefore, I would say to you, look upon these changes as parts of the evolution of your Earth plane to the change in consciousness of its people, and, know that from that growth in consciousness, comes true knowledge of truth, and after all, that has always been my purpose in coming to you, to remind you that truth is always there. Everything changes and yet, nothing changes—you must look upon the whole picture. As I have said on many occasions, look to the fuller picture, and your understanding is greater. I know sometimes, as human beings, it is difficult to picture the whole, because, as human beings with faults, it is natural that you allow the heart to rule sometimes. But life upon this planet is no different than when man first came to step upon it. The way of existence is to allow yourselves just to 'be'. Those are simple words, my friends, but their meaning is great. So I remind you, dear friends, allow yourselves just 'to be'. That will be my words to you this coming year of your Earth lives. No matter your circumstance, no matter your feelings—be true to who you are, and in so doing, you will allow that inner being to come forward. Have you any questions so far?

George: I think we're all beginning to feel that bigger picture. One also feels compassion for people who suffer within it, but I think we're all appreciating that the world is changing and *has* to change.

Yes, have compassion, but do not become—I use an Earthly term here, for your understanding—do not become too 'bogged down' in individual situations. I know that

what I ask of you is no small feat, but I do have the responsibility to remind you, my dear friends, that truth is simple. It never changes, it will not change, it always has been and it always will be—no matter the situation on this planet or any other. You understand? (Yes)

Sarah: I think it's getting easier to step back a little bit and not get quite so involved, not get quite so emotional about things—so I think the understanding is beginning to come to us.

Yes, I almost feel that I repeat so often the same words, but my purpose in reminding you is that you are striving for the same goals—that you are beginning to understand what your lives are truly about. So much is happening in your world, I am sure you have been aware, at times, that words I have used in time gone by, have materialised at some point. Yes?

George: Yes, indeed!

Explore yourselves on this planet before creating ideas of meeting space beings

This followed on from a discussion earlier amongst the group about terrestrials and extra-terrestrials. (5/9/11)

Good evening.

All: Good evening!

I have taken a little longer to speak this time, because it gladdens us to hear you speak so openly about all manner of things. I have been listening, my dear friends, to your conversation this time, and it is good that your hearts and your minds are open to all that exists, and although, you say you would wish to have contact with other beings, may I just say to you, my dear friends, it is important that you make contact and get to know your own fellow beings much better. Then the natural course of things will take you to those meetings that you desire. But firstly, it is important that you *explore* yourselves and other beings on *this* planet. Understand them first, and then the understanding of others will become much easier.

Paul: Do you mean understanding other beings on this planet—other humans?

Yes, your fellow man, yes. It is good to want to understand those from other planets—of course it is, and I applaud your openness. But firstly, become more aware of the being who sits next to you—to the human being in the next room, in the next town, in the next city. Encourage that knowledge to grow—that is important, and I know you understand, and I know it is in your nature to wish for other things, but firstly, *know yourselves*. Could any one of you make contact with someone many miles from here? Not yet, because you have not put yourselves to that exercise. So my dear friends, you see it is important to become aware of that being within yourselves first and foremost—then all other happenings can take place.

Jan: I personally, don't think the planet is anywhere near. I think we're all too busy putting ourselves first (**yes**), and at the moment, the condition in which this planet finds itself, I think it would only be detrimental at the moment, and that's why we won't be shown anybody for some time—I think.

Only those who are truly *believing* and are wishing to extend their knowledge, will make this type of contact. After all, why should those beings with superior knowledge entrust themselves to—not lesser beings, but beings with less *knowledge*? They would, of course, be cautious.

Jan: Very— **(Yes)**—mistrusting of humankind/mistrusting of each other—so until they overcome that as a populace—

Yes, so I say only to you, dear friends, to develop your own inner being. I have told you this on many occasions, but it applies also to this topic that you have been discussing.

George: Yes, these are very wise words, I know, but our brief taster of extra-terrestrial matters has nevertheless made it easier for some of us—for me at least—to endeavour to contact scientists who are very often very material in their thinking **(yes)** and I think there is a lightening of this condition. Some scientists are beginning to feel more that there's much beyond materialism **(yes)**, and with our brief encounter with Bonniol, it makes it easier for us to talk to them about things that go beyond space-time **(yes)**—if I could put it like that. **Yes, if you remember, the reason for Bonniol coming was to demonstrate to you all, mind projection (yes)—which is part of your own being. It is to help you to continue to develop that—what you *are* here on this planet (yes), and when you adopt these attitudes to who and what you are, then you become much better beings—spiritual beings, who would then be able to encourage many people in your world—by your words, by your actions, by your demonstration that there is more to living than just this physical body.**

George: Yes, and mind and consciousness **(yes)** is something that we have so misunderstood.

Yes, and there is still so much to learn, yes. You are still, if I might equate it with a school—you are still in the infancy of teaching (yes).

(Amusement!)

But the very fact that your hearts and your minds are open gives us much, much hope.

Paul: So you would encourage us to certainly, continue to try to develop our attempts at mind projection with each other **(yes)** — and telepathy.

Yes, and then that will enable you to go further—of course, yes.

Jan: I was listening to a radio programme late last week and I was so compelled, I nearly telephoned them. This chap draws and paints in his sleep. He's been to lots of doctors over the years, and they have no answers for him, and it suddenly came to me: I wonder if this is psychic artistry—he's being used by artists from spirit? He can only paint when he's asleep. In waking state, he can't draw—he draws very little—he draws like a child in fact. I just wondered if you have any comments about that.

Yes, of course, you realise that in sleep state, you return home to rejuvenate the spirit, and of course you are much in tune with spirit when you are in the sleep state—of course, that is what is happening.

Jan: I thought so **(yes)**. I nearly rang in and wanted to discuss it on the programme, but a little bit of self-doubt, I think, crept in, and I missed my opportunity. Part of me wishes I had, but, unlike George, the choice of my words might not have been appropriate for the radio at the time.

But, you know in your mind and your heart what is happening (yes). You cannot always persuade another person, as we have said on many occasions—you can sow seeds, but you cannot *make* people believe.

Jan: No—I had a feeling though that he wanted answers **(yes)**, and I believed, in this instance that I probably could have helped just by sowing that seed and thought that he

may not have had before (**yes**), but anyway, I'm sure the opportunity will arise again, because I don't think it's the last time we've heard of this. WE KNOW it exists, but this phenomenon is going to be talked about a lot more.

Yes, you must realise and recognise that many things are talked about in your world today, and it is widely known, but still there are so many doubters, but it *will* come, the time *will* come when the tide begins to change; but, as always, my dear friends, I tell you: patience. It is happening, maybe too slowly for some, but I can assure you that that tide is turning.

George: Wonderful!

Confront those faults to avoid regrets

Rebecca comes to give some timely reminders about our responsibility to work on our faults! Rebecca confesses that one of her faults was vanity. Interestingly, faults are easier to dispose of on our side of life, than in spirit, where we suffer in the knowledge that we should have disposed of them in our Earthly life. (7/11/11)

Those of us who have watched on TV 'Upstairs Downstairs' or the more recent production 'Downton Abbey', may wonder how the strengths and foibles of yesteryear's upper class show up in spirit. Rebecca's clear refined voice was easy-listening via Eileen:

Lilian: Hello.

I'm here to tell you that your friend will be with you next time. I am told you will know who I mean.

Lilian: Yes, thank you for that!

(Pause)

I wonder if you will permit me to stay just a little while?

Lilian: Yes!

George: Yes, please do—welcome!

Thank you!

Lilian: do you want to sit quietly or would you like to talk?

I'm fairly new at doing this, so it's important that I practise.

Lilian: I see, so you would like to talk.

Yes, please!

Lilian: Yes, do. Is there anything we can help you with?

I don't think so.

Lilian: Can you tell us a little of your life where you are?

Of course, I will. My name is Rebecca.

Lilian: I'm Lilian and at the other side of you is George and we have other friends here as well.

As I am speaking with you, I am aware that my problem in life was 'vanity'.

Lilian: Yes, yes.

George: Well, yes, I guess there's quite a lot of that about!

Lilian: Yes, I was going to say—'quite common'

I was so in love with my hair. I thought it was beautiful, but it became a stumbling block for me, because I became so vain. I can see it now, but I didn't then.

Lilian: No, I can understand that.

So, in a way, I wanted to do this work in order to learn humility, and to understand the problems of others.

George: So when you were on the Earth, did you have social graces?

I suppose you could say I did.

George: Were you an aristocrat?

Not quite, but I aspired to be (ah!) yes. So I have much to learn and I felt that in doing this work, I have come a little way (Yes) in making changes.

Lilian: Well, it might interest you to know that I've been told one of my lessons in this life, is tolerance.

Tolerance—really?

Lilian: Yes.

Well, I know we all have a cross to bear—like I say. Do you all have something that you carry with you?

George: I'm sure we do and we well recognise that this is a learning planet.

Yes, indeed! But it is well that you recognise it (yes). I unfortunately did not.

Lilian: No, I was told by the friend that you mentioned was coming that one of mine was tolerance in this lifetime.

I must say that I'm most interested in finding out who your friend is.

Lilian: Ah well, he's a teacher from your realms. We call him 'Salumet', but he teaches, obviously, spiritual teaching.

George: He is from Angelic Realms.

I see!

Lilian: I think you have them—you can go and listen to these people.

Yes. They come to our level (yes). Yes, we do not go to them.

Lilian: Well, we were lucky enough that he came to our group—very lucky!

Do you know why?

George: I understand it took a very long time to prepare the way (**Yes**), and much depended upon the lady whom you are using now.

I see. I am aware of teachers who come, but there are many I am not aware of.

George: your instrument—she can go into full trance which is necessary when the one we know as Salumet comes through.

I see. It is most interesting—

Lilian: it's fascinating—absolutely fascinating (**Yes**). The man who started the group—he and his wife worked really hard with healing and rescues (**Yes**) and they deserved something really, so that was another aspect of it, but we're not the only group. There are lots of groups that have other teachers.

I have visited other groups. I like the feel here. I don't know what is different—

Lilian: Thank you for that—

But it feels calm. It feels comfortable.

George: Good! I think we're very well bonded.

Ah! Perhaps that's what it is—yes.

Lilian: we have our faults and all the rest of it and it doesn't matter. We're all very different.

It doesn't matter?

Lilian: No.

What faults do you have?

Lilian: (With laughter) I couldn't tell you offhand, but we're all so different (**Yes**), but it doesn't really matter.

If I might just add a word and say to you: do not leave it, try to alter your ways whilst you live on the planet, because it's so much harder when you come to spirit. It is harder because you feel that you have let yourselves down. And it causes some grief, I believe.

Sarah: We have been told that before.

Lilian: And, also, say we smoked cigarettes—if we can get rid of that habit before we come over, it's better, because otherwise you are going to want—

If you could see the people who crave these many things, it pulls you in the direction of anxiety, might I say—so I would suggest to you to think about your faults and to rectify them if you can. Not always easy!

Lilian: Or a bad habit—

Yes, I am feeling some faults within the group—
(Knowing laughter)

Lilian: I'm sure you are!

Perhaps you need to address them.

Rod: Mine's too long to list for you—
(Chuckles)

—I know they're there, (**ah ha!**) and they are difficult to get over, especially on a bad day.

Ah well that's the opportunity given to you to change—yes. May I ask with whom I am speaking?

Rod: My name's Rod!

Yes, you do have a few faults, do you not?
(More laughter)

Rod: I do—I have a few (**Yes**).

Lilian: So you—can you see those faults?

Rod: Can you feel them?

I feel them.

Rod: Oh! Golly me! Is it that obvious?
(Chuckles again)

Not only you—

Lilian: All of us!

—you all have some.

Lilian: Well we're human aren't we?

But I have to say, don't worry too much, because there is a calm feeling here, so perhaps you should take the feeling you feel now, and use it in your everyday lives.

Jan: We do try since Salumet has been coming. That's what we endeavour to do, in our daily lives.

Yes—is that what he teaches you?

Jan: Yes!

Yes. Well, I'm sure that, with a teacher from our world, you cannot go wrong.

Jan: Of course we're still human, still got all the faults that go with humanity.

But you need to strive to dissipate them. Do you not agree?

Jan: Yes, totally!

Rod: I'm surprised that it's difficult to get over the faults when you come over to spirit. I would have thought it would be an easier realm to do that.

But it is much easier to do it while you are here, because you then recognise your faults. If you bring them to our world, you suffer because you realise they are things you should have disposed of—you understand?

(Agreed)

Jan: Also, we're taught that if you recognise a fault, the recognition is half the battle (Yes), but, with recognition, sometimes comes regret, but we've also been taught not to hold on to that regret.

Yes, yes, I quite agree. Firstly comes the recognition of the fault. That is the first thing you must do. Recognise the fault within yourself, and, then it can be dealt with. I'm not saying that you can think about it and it will disappear—no, no, no!

Jan: It's how you deal with it.

It is how you deal with it and how your heart is, yes.

(Agreed)

Yes!

Jan: I think I've been learning that I'm a great one for living in the past and having regrets—that's how I've lived my 52 years so far (Yes), but, if you're not quite hard on yourself, and you realise that you've made a mistake and that was wrong which is what we've been taught, if you then live by that lesson—

Yes, let it go—yes—

—and you try to change, the regret isn't quite as hard to carry along with you, if you know what I mean. You become softer on yourself.

Regret is very negative, so you have to let it go, yes, because, if you don't let it go, it is one of the causes of your illnesses in your world.

Lilian: So we've been told.

I have learned that since I came here.

(Agreeing murmurs)

Paul: You can't regret really—because you only do what you can each moment (Yes), and, of course, ten years later, you know a lot more, so you would have done things differently, but back then, you didn't know.

What has gone—has gone; and you must live in the moment. If you are to be true to yourselves, you must live in the moment.

Jan: That's been one of Salumet's biggest lessons for us, hasn't it—to actually be true to ourselves.

That is something that you do learn, I suppose, if 'learn' is the correct word, when you come to spirit.

Jan: Because you can't be anybody but yourself in spirit can you?

Yes, you are open for all to see (yes).

George: Yes, 'living in the moment'—that is spoken like a philosopher, and I would say you are very well-spoken (***Thank you***). Does that mean—when were you on the Earth—in the nineteenth century?

Yes, you are correct—yes, you are quite aware aren't you? But time is of little importance. I do not live by time or what happened when I was here. Those things should be left behind. We need to move forward, and, in the same way, as you need to move forward.

Rod: Did you have a family here?

Well, of course, no one is a single entity.

Rod: Did you have children?

No! No, I did not—um—not a regret for that lifetime, I have to say. I was much too vain!

My vanity really was my downfall.

Rod: Tell me Rebecca—this lovely hair—what did it look like—what colour was it?

It was the most beautiful golden-brown that shone like the sun.

Rod: And you washed it with what?

I washed it with natural water and perfumes.

Rod: You'd have a good choice now if you went to Tesco's. You've got all these products!

(Chuckles)

Tesco?

Rod: It's our supermarket.

Ah, yes, I am aware of a great range. But, of course, you know, in my time, I did have a lady who brushed my hair always, and that is one of my regrets—that I expected her to do this task for me, but my true failing was my vanity. I can't stress that enough to you.

George: That was quite common in those times ***(Yes)***. There were the upper class and lower class. One who was possibly on Earth the same time as your self was one who has been through to us three times recently and that is Rudolph Steiner, who was a philosopher.

Yes—I am not aware of him.

George: No, he might have been a little later. He left the planet in 1925.

Yes, I do not recognise who that might be. It is impossible to know everyone, although the blending here is amazing.

Lilian: Talking of faults and things, have you ever been anywhere close to the dark regions where you are?

Have I? Never! No! I know that they exist, but, no, I fortunately have never been close to them.

Lilian: I would say that there would probably be quite advanced souls that would help in those places. Is that so?

There are those—I believe the gentleman mentioned the Angelic Realms. There are angels and there are those who work towards helping those unfortunate people, and it would be very difficult to get close to those regions (I see). Yes, you would not be able to approach them.

Lilian: Ah right! Yes, they must suffer, really.

They are lost souls for a while, until recognition comes to them (yes). Anyway, I am being called.

Lilian: Well, it's been a pleasure to have you.

And I am so pleased you have allowed me to talk with you.

George: Well, we've much enjoyed the conversation, and your voice is very pleasant—a very pleasant one to listen to. Thank you!

Well, I thank you. I am never quite sure what I sound like when using someone's voice. It's not easy to gauge.

Jan: The instrument you are using has a very nice melodic voice anyway, so you sound very, very pleasant.

Well, thank you very much. You are all most kind.

Rod: have you got your hair in curls tonight?

Ah, now you really are making me think about 'vanity'.

Jan: No, she doesn't want to think about vanity. ***No!***

Rod: I've got mine to get over.

Jan: What your curls?

Rod: No, my faults!

(Laughter)

Yes perhaps when you all reach your homes, you can think a little about one of your faults, because you do have more than one each of you—Chuckles!

Yes, now I really must go. I am being called.

(General bye byes)

The importance of thinking about what we wish to achieve

This point was raised during the introduction and the need to use our freewills to ‘activate’ this process of achievement. (14/11/11)

Good evening.

All: Good evening.

I hesitate in speaking with you this time, because I was feeling your individual energies, to create something which so far has not happened. There is some positive energy with you *all* this time, which has not always been available to you; so, from our point of view, it is most interesting to watch each one of you glow as a candle would glow. As, my dear friends, we approach the end of another one of your Earthly years, I would suggest to you that you look back just for a short time to see just how much you have grown. We know sometimes that some of you feel that not much progress has occurred. That is *not* true. Each one of you—not only those here, but those who have been within this group, have grown so much; but I wish tonight to reiterate some of my previous words to you. You have to ask, my dear friends—you have to ask for our *help* in your unfoldment of spirit. It is not enough to know that we are close by. Without your permission we cannot help you further, so it is imperative that each one of you thinks deeply about who and what you are—but not only that, but where it is you are heading. You could all stay still and be pleased with what you have achieved, but it would, my dear friends, be in your own interests to ask for that help in your spiritual unfoldment. There are so many who stand close to each one of you, ready to help in any way that they can. So, this time, I want you to think just a little more deeply about what you wish to achieve. It is all there before you, my dear friends, but it needs your freewill to become *activated*. I hope you understand my words (yes). **Would you wish to comment on what I have just said?**

Sara: Yes, thank you Salumet—that’s just what I needed to hear, because I had been wanting to progress myself, and sometimes feeling that what I want to achieve is quite a big task, but now you’ve said the words, I feel I can achieve it. But I do need the help—so thank you for that!

I can tell you that those in our world are only too happy, in fact overjoyed, to help those on Earth plane

This message was given to Richard who asked for help with a book he wishes to write. We just need to remember to ask. (12/12/11)

Jan: I was told by Richard, my son, that he feels ready to write his book, and he's asking those that come close to help guide him. I don't know what he wants to write about—it's on spiritual matters and that's for him to know, but I just thought I'd ask you Salumet or to let you know that I think he's beginning to want to work for spirit. And that was your quote: when he's ready, he'll want to work for spirit.

Yes, when the pupil is ready—I will leave those words with you—

Jan: Right, thank you—

You know what I am saying?

Jan: I do—I'm just the messenger tonight (**yes**). Thank you very much.

Those who open to spirit, will in whatever way—will be used for the good—and there are different ways that you are all used, as you well know. But it is up to each person to direct their pathway, and I can tell you that those in our world are only too happy, and usually overjoyed, to help one of you here on the Earth plane.

Jan: Thank you.

Now, my dear friends, I feel I will take my leave of you. I wish you much love, not only from me, but from all those who stand close by you every day of your living. And I know that you may not always be aware, but you are becoming better at seeing those little synchronicities that happen in your lives; and I know that you are more aware of the signs of spirit (yes**). So, with those words I take my leave and I will look forward, my dear friends, to our meeting in another one of your years.**

[Our planet is evolving in the right way](#)

There is much happening on this learning planet, but what is most important, is to focus on the good, rather than the negative. Out of bad comes good anyway. Remember to project love to our planet and all that there is. (24/9/12)

All: Good evening.

As we draw close to you this time, we hear your prayers of healing, and always you would imagine your world to be in a constant state of turmoil. I would like to say to you this time that your planet Earth is evolving in the correct way.

Several: Good/Good to hear.

We understand the concerns and the upsets of humankind, when so much seems to be going wrong in different areas of your world. My dear friends we are fast approaching the time when change is inevitable. These changes may be very subtle, but nevertheless they will happen. Mankind has reached a platform to go further in your development—it is our task as I have told you on many occasions, it is our task to see that this is so. So I would say to you, my dear friends, look forward to the progress of your world, do not despair at all that is happening, but do continue to give of your love and your healing thoughts to *all* peoples ; not only to humankind but to your animal kingdoms also—they too are part of your Earth's evolution. I would like you if you would, to consider what is *good* in your world, rather than dwell upon those negative happenings, because as you see and feel good, so it continues to grow.

George: Yes I think we feel inside the good progress of going forward (**yes**) and I think we realise that the unrest in the world has to be a side-effect of the very general forward motion that is happening.

Yes—if I may use one of your Earthly sayings: ‘All of these things must have their day.’—You must remember this—so often have I told you that good comes from bad, on many occasions—not *always* as yet, but on many occasions you can see the good results from bad situations.

Jan: I was reading today some of the previous transcripts where you were talking more of less the same thing— the light and the dark, the good and the ‘evil’, as we were talking about it at the time, though we know it’s not evil at all (**yes**). One profound statement that you made: How would you know if things were ‘bad,’ or ‘good,’ if you didn’t experience the other side?

Yes, that is true and it always will be true, that both sides of the coin have to be experienced to know the difference.

Jan: And equal—they balance each other out exactly (**yes**).

Sarah: But actually if we concentrate on the *good*, as you’ve said, that would create more energy and *promote* the good hopefully.

Yes that is what I’ve said. Yes, it would grow stronger and then the negativity is dispersed.

Sarah: Yes, I suppose people are so concentrating on the negative side or the *bad things* as we think they are (**yes**), we are actually *helping* them.

You have only as individuals to see and recognise that if you dwell on something that you would term ‘bad’, you have to see what emotional cause that would create and then compare it to thinking of something ‘positive’ and ‘happy’ and again judge your own emotions—and you will see how different that is. That is a simplified statement, but it also applies to all of your Earth. So now you begin to see my dear friends, the responsibility that with the knowledge you have, what there is to achieve.

George: Yes and the knowledge that we’ve received from other more advanced peoples in the Universe, helps us I’m sure, to see what further evolution that is good, is possible.

Yes, we all come to you with a mission—for some it is to give further evidence or advice about your world. We choose those we come to carefully, and always I have told you: I like to keep to the *simple* word, because *truth* is simple. You need no extensive words / complicated language, to tell you that what you are about is *Love*. It is a small and simple word, but it *has* a meaning that enfolds all of your Universes. And I would like to think and feel that that small word called ‘*Love*’, comes from within each one of you, much more easily than at one time it did—I’m sure you all feel this.

(Some agreements voiced)

[How to throw off a religion or belief that they now know to be incorrect!](#)

Salumet answers by suggesting that the person follows their instinct or ‘spiritual knowledge’. In that way they cannot go wrong. (22/10/12)

Doreen: Could I ask a question please Salumet? **(Yes)** I've been sitting here trying to think how best to put this. If somebody has struggled with a belief—with a religion that they were born into, and wished to search for something that they feel has more truth to it, is there a way in which you would suggest they search for this? Does that make sense?

I understand your question and of course within each one of you is 'all-knowledge' and 'all-truth'. So I would say only that if you wish to change anything within your life, then you know what is right. I would follow what you call 'instinct', what I call 'spiritual knowledge' and you will not go wrong.

Doreen: Thank you very much Salumet.

You all know what is right and wrong, because it is innate within each one of you.

Doreen: That's very kind, thank you very much.

You will find that always I teach that each one of you has the ability to know and to live a life that is rich in the spiritual gifts. But it is within you *all*.

Doreen: And I'm sure you realise I did not ask the question for myself, because I have great belief in the work that we do spiritually—it was for the help of somebody else.

Yes, but you see, my dear friend, you cannot help another to find their own way. You can sow seeds, you can have discussions, but ultimately that individual has the knowledge to go forward in the correct way.

Doreen: That is what I have tried to do Salumet, but it is still a struggle, but I do understand.

Yes and it *will* always be a struggle for this one.

George: Yes I think you were telling me recently Salumet, to just place the knowledge before people and then it is up to them.

Yes, you must be like your farmers, you must sow the seeds well and leave the rest to the seed. You must allow it to grow naturally. You can encourage, you can help, you can nurture, but you cannot take responsibility.

Doreen: Thank you very much.

Sarah: You did say to us some time back that different people are on different pathways and as long as the religion that they believe in is doing good, that can't be wrong.

Yes, you cannot judge. Again I return—you cannot judge another human being; until you have that whole picture, it is not your responsibility to make judgement.

George: I think you were also saying some time back, that the various religions of the world, they ultimately all focus in the one direction.

Yes, you are all destined to go to the same place, of course. No matter which different pathways you take, you will eventually reach spirit. And then sometimes you will find that there would have been an easier pathway, but it is all part of your growth—spiritual growth.

George: Yes, and I think you indicated that it would be some time before everyone realised this.

Yes—we have to go slowly, slowly. But as I have told you, my dear friends, that I am *encouraged* by your world. I am not disillusioned in any way, because I see the Light grow—grow stronger, grow bigger. Therefore again I repeat myself, that to have positive thoughts, even in situations of negativity, is allowing that spiritual light to grow within your world. You understand? (*Affirmed*)

[Planetary growth and many revision topics](#)

Salumet covers many topics during the evening which are presented here as a revision lesson. Conversation starts by confirmation that truth is indeed spreading. Not all are ready to accept, but sometimes just a couple of words can change the direction of a life. With greater spiritual knowledge, often comes greater challenge, but this is needed for growth. (26/11/12)

Rod: Salumet, going back to what you previously said about spreading the word **(Yes)**, I just wondered, have things improved over the last 10, 20, 30, 40 years on people's knowledge in the world **(yes)**, to any degree of knowledge that we go on?

I think, my dear friend, that you only have to look at the amount of conversation in your world that is happening now, to realise how much it has grown, how much knowledge is now available to those who seek. There always has been knowledge—that has never changed. What has changed is that mankind today is now much more open-minded and that is steadily increasing. So the answer to your question is that there is no doubt that truth is spreading.

Rod: That is great.

Sarah: Practically every time you open a magazine or newspaper, somebody has written something about something spiritual **(Yes)**, so that's really increased over the last few years **(yes)**.

Jan: With that knowledge though—that leads me on to the question I was going to ask. Richard and I were talking on the telephone tonight about an individual that he knows, who's asked him for help. She's just lost her husband and she's so obviously confused and it's so raw and Richard and I were both wondering, with our knowledge, sometimes when you have somebody who's so sensitive, it can be overwhelming. We are not necessarily the best persons to talk to, when we have a little bit, and I mean a *little* bit more knowledge than somebody who's completely in the dark about spiritual matters, but suddenly finds themselves wanting answers. So are we adept at answering her questions without making things worse for her, because she's seeking so many answers and we know where that person's gone in spirit and we know he's okay, but we don't really want to make things worse for her, if you understand what I mean?

If the dear lady is seeking, then answers are what she seeks, but I have to say, sometimes to hold back words, I agree is more sensible, until another time.

Jan: That's what I thought.

Not everyone is ready for the truth at such times.

Jan: Emotional times—

Yes, their emotions will overwhelm them.

Jan: That's what Richard and I more or less decided between us **(Yes)**, that we need somebody else to help her and I feel it's not a spiritual counsellor—they need a *bereavement* counsellor to help with the physical rather than the spiritual first.

Yes, I agree with you and then spiritual matters can be introduced, when those emotions are more under control.

Jan: I'm glad I mentioned it, because that's made me feel better that I'm on the right track. **Yes, sometimes a simple word or two is adequate, to know that there is a strong belief that life continues.**

Jan: Yes I feel at this precise moment in time, that's all that's needed.

Yes, you are correct I would say (Thank you).

Sarah: And it does take some people a very long time. One lady who I've been sowing the seed to for many, many years, she's now just beginning to ask me questions.

Yes, when they are ready, they *will* question. That is when you should step forward and help—but do not overwhelm.

(Agreed)

Jan: It's when they start looking to go to mediums/psychics that they've seen in the papers and spiritualist churches—they're looking for answers, like you say, that would completely overwhelm anybody. I think they need to heal themselves first, that's how I feel.

Yes, it of course varies with individuals. Some are ready so much more quickly than others, but that is where your own spiritual knowledge come to the fore. You will or *should* realise, at what stage those souls are *at*.

Jan: Yes, you definitely do that—it's an innate knowledge that you *know*—it's an instinct.

Yes, I know all too often that people *wish* to give people all the knowledge that they themselves have obtained and we in spirit see the excitement that encompasses them, because of this knowledge. But that is not to say that everyone is ready at the same time.

Jan: And by the same token, not everybody is able to give that knowledge—well, maybe they instinctively know when to keep quiet, as it were—

Paul: It reminded me of sometimes when I've been a bit tentative for some reason and I think it is the right thing and then you are waiting for them to come back to *you*. You think well I've said a few things and if they really want it, they'll start questioning you on the small amount of information you *have* given—so you hold back and wait for them to come back.

Jan: This person approached Richard first and he instinctively felt he wanted to hold back and then he spoke to me and we both agreed that we could say the wrong thing and do a lot more damage than is necessary at this stage.

And do not forget my dear friends about the spiritual aspect which is happening here, that it is the spiritual light, which attracts others to you. So of course, when people seek knowledge, in fact they are being attracted by your light; and this is good, but there is no rush for knowledge.

(Agreed)

Rod: I've got to do this with a great deal of respect sir. You know when we come down as a spirit into a mother—it seems that the spirit comes down and they wipe the computer off completely and it hasn't got any knowledge of past spirituality. And therefore it has to fight away for quite a few years to find it perhaps—and perhaps they don't. I just wonder, is there any reason why they have to completely wipe the memory clean? Can't there be a bit left?

Jan: Some children do Rod.

Rod: Well, most of them should have a little bit, so they can go on through life a bit easier and find spirituality—

Sarah: That's not the purpose though, is it Rod? We are here to learn.

Rod: I don't know—I'm going to find out! *(Chuckle)*

Yes, there are eager replies, because they understand life is not meant to be so easy as to sail through. What would be the purpose of life, when you could remain in spirit and still grow? Spirit comes to this Earth, through physical ties, to learn—to learn different things for different people. No one says that life should be easy and in fact, the more spiritual knowledge you gain, sometimes life seems even harder, but with those difficulties comes understanding and knowledge. Even if you do not feel that is the right thing for a human being, spiritually that soul is growing, no matter what the problems may be. Everyone has

a time in life when they gain that knowledge—whether they accept it or not, is entirely up to their own free will, but the opportunity is always there. Yes, some people *do* return to this life and have memories, but that is the *exception*, rather than the *rule*, as you humans would say. There are lessons to learn, so you do not wish to remember what has gone past, you wish to start with a clean—

Rod: Sheet.

Sheet—yes, and that is the reason for (*no*) memory—

Rod: Yes, that's put a lot of my memories to rest, thank you very much for that, I've thought about this for long periods.

Yes—you wish to remember, but now you have some spiritual knowledge, you can *regain memory*. If you have learned the lessons of this lifetime, you can then ask for more to be given. Do you understand?

Rod: Yes. I look back at all the mistakes I've made, the shocking things I've done...

You are too harsh about yourself.

(*Chuckles*)

Jan: That's why we're laughing—he's always harsh on himself.

Sarah: I remember Salumet's words, and he said: you know, if you make a mistake and you learn by it, that's good (**yes**), because then you learn something.

Yes, you are learning all of the time. Do not ever say to yourself, '*why have I done that—*', because my dear friend, there usually is a *very good* reason—you may not understand that reason, you may not like that reason, but it is part of your *life*. And I am sure my dear friend, you could look backwards at your life here now, and say, it was not as bad as I thought.

Rod: That's very good.

George: Last time Salumet, you spoke on the subject of depression (**yes**) and I think it was mentioned that mind was temporarily detached from spirit, during deep depression—**Mind can never be separated—Mind is Spirit.**

Jan: Salumet didn't say detachment, he said that you become less aware because the depression is the first and foremost in your mind, so that selfish act becomes all-encompassing and your spirit gets put on a back-burner so to speak—it never becomes detached from spirit.

George: Yes, perhaps that's a better way of putting it, that spirit is being *ignored*?

It is the human being ignoring spirit (**yes**). Yes, they are not listening to that inner voice—they have become so—I do not like the word *obsessed*, but it is the only one I can think of at this moment.

Jan: Maybe *overwhelmed*, which you used before Salumet, is more appropriate.

Yes, that is better.

George: Yes, I wanted to make the point that if spirit is ignored in that way, then the person can either go inwards into deep depression, or outwards, to become a person like for example Adolf Hitler, who became (**yes**) very dominant.

You are taking two extremes about this subject. Yes, it is quite true that you can choose either way. The responsibility that mankind has for his own travel through this lifetime is *so great*, but within every human being there is that *spark of spirit* and it is never completely lost. So even someone like, you say Hitler, who is known within your world as a despot—there was always a *spark of love* and that is what everyone should be endeavouring to help to grow.

George: Yes, I take your point, there would always be that spark (**yes**) and that spark connection would still yield good things on occasions, no doubt.

Yes, you have to remember that there would be a mother or someone else who is exuding love to that person, even if the individual themselves, seems to be without any kind of love.

George: Yes, I'm sure.

So that is why there can never be separation—Mind and Spirit belong together.

George: Yes, ones that come to mind are Eva Braun, who I'm sure gave love (**yes**) and his dog—he had a good bond with his dog.

Jan: I was just going to say the same thing—he had tremendous love for both of those individuals (**yes**), and I believe he had—maybe in our terms today it's not understood, but even his ideals didn't all come from evil, a lot of it came out of love, in a strange way.

That is why my dear friends, you can never judge—you do not have the *ability* to see that whole wide picture. But when there are people of that ilk in your world, remember it is the physical brain which becomes damaged, not the *Mind*.

George: Yes, I must admit, I feel a certain regret in mentioning that example and yes, that connects I think, with the fact that we should not judge.

I have said it on many occasions—to judge, in a way is to judge your selves—think about those words. If ever you find fault, look to yourselves.

Paul: Yes, I was just going to say, we just don't know the *intentions* of that person. If the *intentions* were sort of to try to *sort out* this world as he saw it—we just don't know what the *intentions* were—but to judge the action—we can't until we know the intention. I think there're plenty of people who *appear* to be doing '*good*' things in the world, but it's the same thing, we just can't judge whether their *intention* is actually to improve this planet, the people and the land and everything.

Yes, I would say you cannot judge—you do not see the full picture. But what I *can* convey to you is that to hurt another single human being is never right—not in spiritual laws.

Paul: Yes, that's a clear line.

So you see it is always difficult, unless you know the *whole picture*.

George: I wanted to lead onto the fact that one of our readers wrote in about depression. He has a friend with a wife who has been having terrible depressions over a period of years. She's had medical treatment, which includes drugs—so-called drug therapy. But she seems to go in and out of periods of depression. I have asked a few questions and I think the depressions were triggered by the fact that the husband eloped with another woman. He then returned when that didn't work out and they have been together, sort of happily ever since, for a number of years. But the depressions continue and the medical treatment and drugs are probably having temporary effects. Would you care to comment on that situation Salumet?

I would not comment on individual situations. I will say only that those who find themselves deep in depression, have in a way, lost the ability to *love life*. There are available to people much help in your world and I am not dismissing the seriousness of depression, but again I must say that those who suffer are in fact responsible for their own conditions.

George: Yes, and I realise you can only comment in a general sense.

Yes. There is deep within people with depression, a feeling of being lost and it *is* in a sense a separation from their own spirit. I believe that's what you thought I meant. It is a

separation, *only* because they have lost their way of *thinking* and *feeling* and *knowing* what is *right*.

Paul: It makes me think that a lot of people who *do* give the orders for countries to go to war and cross that line of taking lives—though we mustn't judge them as well—but it makes me think they've lost that or they are separated from their spirits for them to resort to wars?

Jan: I disagree with that—I think as we've always been told, there are two important elements and one is love and one is fear and they are driven by the fear (**yes**), and that fear culminates into their own depression, because they create that environment in which that depression thrives. And that is fear and it's finding the way out of it and knowing that you can come out of it, by purely loving yourself first and then those around you and to allow that love in.

Yes, allow others to help.

Jan: Yes, it's when they are cut off *completely* from their own environment, their own spirituality. Spirit is not cut off from *them*, but they are cut off from *it*, because they are living in this selfish little bubble of their own—sorry.

No, you have explained it well—yes.

There are so many conditions in your world—so many disputes about health. And I have to return my dear friends, to simplicity. And the lady has reminded you as I have often said: there is love and there is fear. And fear creates so many dark situations, whether it be fear of life itself, I cannot say for certain. But there is fear of money, there is fear of lack of love, there is fear of so many things in your world. Where is trust, where is the love of the spirit, which helps you overcome all of these problems? It *is* the strength of love, which will help these people and that strength of love has to come from *others initially*. But for them to be entirely healed there has to be *recognition of themselves*.

George: Yes, I imagine the fear of others leads the leaders of nations to manufacture vast quantities of weaponry, in a desperate *physical* attempt to allay that fear that they have.

Jan: I think it's fear of their lack of power that they fear—for want of a better word—that they're going to lose some sort of power that that fear has on others. If they only realised that that's completely not the way to go at all—but that's what *causes* wars—it's the fear of losing power, in my opinion.

If you look at it from a spiritual aspect: it is '*Light and Dark*'. It is a *power struggle* and that *simply* is what it is. It is what many people would call '*evil*' and the '*devil*'—the Darkness and the Light and *all* is seeking the Light. Whether it creates dark situations or not, that is what is happening—that the Dark seeks the Light. But in that travel, the darkness creates many things that you in your world would term '*bad*' or '*evil*'. But again, I am speaking from knowing the wider picture.

Rod: Your last two statements should be hung up in the Houses of Parliament and in the White House and a few other places. I think it would be wonderful, and as these parliamentary guys go in, they can read it each day and they'd say, '*I can't do that, but I can do this.*' It would be a happier world. George—Print it out!

(*Chuckles*)

Jan: I think you could bring it right down—it's not necessarily just those in the big jobs as it were, in governments etc. (**no**)—but if you go into an office of people and around the boardroom table—let's make it much smaller, there's 12 people around the table. They all might be equal in positions, but there would be one person that's fearful that he might lose

his position if he doesn't start making the others take notice. And governments are no different really and until that corruption and that fear dispels, it won't change.

Mark: You feel that it's becoming harder for leaders to create wars now that there's so much dissention from the people now. You feel like it's going to be much harder for one person to lead us into war.

(Agreed)

There is a saying in your world with which I fully agree on a spiritual level and that is that *People Power* will change—make many great changes, and it will always be the union of people with strong ideas—good ideas.

Jan: The most powerful people—following on from what you've just said, are those people who can hear somebody else and out of pure love, not jealousy or hate, encourage them—'That's a brilliant idea, let's run with that idea'. And that's where the change will come in, I believe, in governments and countries and everything about our civilisation really. And the advent of the internet and media sites, where just recently it's had its adverse situations, but on the whole it can only be for the good, because there are many, many more—one person's idea then becomes millions of people's idea and that thought is all pushing towards one common—you understand what I'm trying to say?

Mark: Yes, it can gather momentum more easily—

Paul: Yes, information is being shared and curtains are coming up and things are being revealed.

Jan: That's right. Not just one group in the future will be all-empowered, because it will be moving in the right direction for millions of people.

George: And as I think Salumet suggests, *People Power* can say *NO* to war.

Mark: Yeah, it's not going to be a top-down pyramid anymore, it's going to be coming from all angles.

Jan: Yeah, a big wave from underneath, pushing through.

And you must never assume that all governments are wrong-thinking, because within every government, there are good, there are people there who will spread that good. It may be little-by-little, but it will increase. And there are many in our world who are working with your governments throughout your world, to seek out that one person who can make a change. It may be with few words, it may be with few actions, but around your world this work continues.

Jan: It's often those, isn't it, with the quietest voice? You take someone like Ghandi. He wasn't a big person in voice or stature, but he just reached out to thousands and thousands of people in his quiet manner. So maybe the person in governments who is going to change has often got the quietest voice, rather than the loudest.

And you have to think in your world how do you teach the *children* of your world. It is not even by words, but they learn from *actions*. And it would bode well for every adult to *remember* what it is like to be a child, with *Unconditional Love*—that is what we seek. Not easy, but you should be able to achieve.

And now my dear friends, I will leave you this time. I know we have covered ground that we have spoken of before, but I also hope that it has once more, fired within you the thoughts of good, the thoughts of love—

George: I was going to say, we've covered *much* ground this evening. Thank you so much Salumet.

Why so negative?

There had been some prior chat decrying negativity in the world today and this seemed to draw a visitor via Eileen who tells her own story of being negative and how blocking it can be, not least to the those trying to bring love and support. (25/2/13)

I had to call upon you because of your talk of being negative and I'm here to tell you that I was one of those negative people, and in fact I am still learning not to be so negative. And yes, you are correct in saying: it is better to put your focus elsewhere.

George: Yes, I think perhaps we need to look more beyond this *space-time* and look more across into spirit world, and view it all collectively.

Yes it is better, but it isn't easy, when you live in a world such as you do, it certainly is not easy; and it is a continual struggle—I found anyway, especially when you have that kind of disposition.

George: A disposition of sympathy with others perhaps—

No, a disposition of being negative! It's very difficult to change that.

Jan: Do you think people are born with a negative disposition or do you think it's something we learn while we're here?

I personally, and this is only a personal explanation—I feel that negativity starts in the womb. After all, we agree to return quite happily, with full knowledge and perhaps with knowledge of what lies ahead, but I feel sometimes that women create negativity whilst childbearing is taking place.

Jan: I've read that there are scientists that have studied just that really—patterns of women's behaviour whilst carrying.

Yes, it is a most important time and not widely accepted I must say. But being of that disposition, I can tell you how difficult it is to change. And in fact, as I have said, I am still changing. That is why I have been drawn to you this evening.

George: Well, we are very pleased you came through (*yes*).

Jan: Do you think that negativity learned as young as in the womb, do you think it centres around fear more than anything?

I think it possibly is based on fear, yes. But the problem is you see that it becomes the normal way of thinking, and to people with negativity, it IS normal, and they can see no harm in it. But I am here to tell you that it DOES have an effect upon the spirit.

Mark: Talking about the things starting off in pregnancy, I've always found the term that women use a lot, I *fell* pregnant—it's almost as if it's something not very good, to *fall* pregnant.

Yes, well of course there are people who feel that they are not in control of their lives once they are here; and I believe they would be the people you are speaking about. Yes, and of course as you know, your thoughts and words become your reality—I'm sure you've been taught that.

(*Agreed*)

Yes and it is something I use often.

George: And thought is the most powerful thing we have.

Yes, if only people would understand that more. It is your most powerful ally—and also your most powerful enemy!

Jan: I know it's good to visualise what you would like, not only for yourself, but for the wider picture—everybody really, the loved ones and planet (**yes**) and that's a good habit to get into, I would imagine, the visualisation, so that those negative thoughts are not—

They're dispelled when you create good thoughts, yes.

George: Yes, you mentioned 'love' Jan, I guess *love* is the thought—the power—to overpower negativity—

Yes, you create your own love by your positive thinking, and that thinking grows stronger, stronger, stronger each time you create that loving thought. So yes, it is a subject not spoken of too much, but which I feel, because of my experience, should be spoken about a lot more.

George: Yes indeed, I feel perhaps the *most negative* people on our planet, or certainly included in the most negative, are 'religious fanatics' who will stop at nothing—

Yes, I understand your words, but of course, not only fanatics, but people who are living day-by-day and are not even AWARE that they are creating this negativity around them. It is much more common than you realise; and it is only people such as yourselves, who are sending out beautiful thoughts of love and light which help.

Jan: I think also in our daily lives, we have to remind ourselves all the time, because like you said, I think it is part of the human make-up (**yes**). Would you say it's one of our main purposes while we're here is to dispel those negative thoughts?

Yes, I believe you would have been told that the responsibility for your lives here, sits squarely with yourselves, and that is very true.

Jan: Yes, and we've also been told it becomes much more difficult the more you learn—the more spiritual matters that you learn of, the greater the responsibility is.

Yes, that's right—not quite so much more difficult but more responsibility (yes)—yes, I would agree with you. It is a very GREAT responsibility.

Jan: Because there's awareness that you've not necessarily had before and it's that awareness that you carry with you all the time.

Yes, it was rather like when I came to this (spirit) world—to be faced with how I'd thought for a lifetime—it was quite shocking, and it still shocks me now. That is why I try to help in every way I can.

George: You're obviously progressing.

I would like and hope I would! I will not think negatively about that!

(Chuckles)

Jan: I know we don't like to talk about individuals, but I'm using this person as an example. Now, my birth mother is one of the most negative people that I've ever encountered. I obviously chose her as my mother. Even though we talk about things at length, and she knows my feelings—you can see glimmers of *she would like to be less negative*, but then like you say, something really pulls her back into that negativity. My question is: does spirit world find it much more difficult to come closer to that negativity?

Of course, because what it does is it creates a barrier. It does not mean we cannot come close—it just makes it a little more difficult to penetrate. If only you could imagine negativity as being a cloud that blocks out the sun, then you would have a little idea of just how difficult it is, because as I have said, the negativity becomes normal to that person.

Jan: Yes, they actually find it very strange—it's like *they* are *normal* and everybody else—***They feel that they are normal—yes.***

Jan: They are normal, they are right and everybody else is *off with the fairies!* To put it in other terminology—

I will apologise to the fairies for you—yes!

(Laughter as we approached the end of this interesting discussion—Eileen got the name ‘Margarete’)

George: Well we thank you for coming through and giving us your view of things from the— if I might say—the other side.

Well it IS the other side isn’t it!

Jan: It’s been very enlightening because you have answered the questions that we have—

Well if that has helped any of you then I feel my work has been achieved.

George: It has indeed, thank you.

Our planet is linked up to all that there is

This point is made from discussion about our galaxy moving forward at this time. (15/7/13)

George: In recent years Salumet, much has been spoken about the Earth moving forward spiritually. In a recent evening, you spoke of this sector of the universe (or galaxy) moving forward. So what is happening is more than just this one planet. And I think I would interpret those words about a sector of this galaxy moving forward—I think I would interpret that as including Earth and the visitors that we have had to the Earth. I doubt if any visitors with space-ships would arrive here from beyond this part of the galaxy. Does that make sense?

Yes, but firstly let me say this to you: that yes, galaxies evolve as each other become entwined, and yes, I understand what you are saying. It is not quite true that there could be no visitations from other galaxies; because, you see, the stronger the mind can focus, the easier it is to unite with others—in the same way that we tried to demonstrate that the mind, with our dear friend Paul—communication is possible outside of your own galaxy.

George: Oh yes, we appreciate the mind-link communication—

You mean *physically*?

George: Yes, I was thinking *physically*.

Yes, of course—no, that would not be possible at this time of evolution—no.

George: So the advancement of this sector of the galaxy would include Earth and the physical visitors to it?

Yes, yes, because they are united. All areas within the one galaxy have a unity which has to travel together, if you like, to put it into simple words.

George: *(Chuckle)* So perhaps we can think of ourselves as a cosmic club!

If you so desire, yes, yes. You can never be a single unit. Any planet within this galaxy—there is and has to be connection. You understand? (yes—thank you) But that includes evolving at your own rates, even though there is that unity, the evolvment of each planet may vary. You understand?

George: Yes thank you, thank you for that.

Staying positive, letting go and allowing spirit world to come forward

A powerful teaching by Salumet on the subject of staying positive. Not always easy on planet Earth, but well worth the effort. Avoidance of negative media platforms, or indeed anything that brings fear into our thinking. Salumet also reminds us to continue to develop our intuition which helps recognise falseness for what it is, and see the truth. When we express our views, for instance, we should always do so in love, otherwise we are creating our own negativity. (2/9/13)

George: Good evening Salumet. Welcome to you.

Good evening.

All: Good evening.

I am happy to be with you all this time. Many are close to hear your thoughts of healing for others and as always, will be dealt with in whatever way is necessary. I know my dear friends that you have been awaiting my answer to some questions, particularly our lady-friend across from me. I would just say to you that the answers I give to you are not what you will be expecting. All I will say about the condition asked about, is that initially as so many diseases in your world, is that it has affected the immune system. Many different mutations have occurred.

George: Yes, I think this is what we call the '*Morgellon's disease.*'

Yes, but what I am about to say to you is this: I have answered many questions about your world and some small personal stuff, yes?

(Agreed)

Yes. When I first came to you my dear friends, my task as you well know, was to bring to you 'love', 'peace' and 'information'— but not information of the worldly kind. My aim and my purpose, was to help you to understand why you are in this world and how better you can raise your spiritual energies.

George: Yes and we are most grateful for your teachings Salumet, thank you.

Yes. What I wish to say is that if you wish to continue , you must look to what it is that will help you to raise that spiritual energy, both individually and as a group. There are many people in this world, and from our world, who are happy to discuss many questions with you. But I feel now that the time is ready for all of you to take that next step forward. And I hear you say: *But are we not progressing, anyway?* Of course, you have progressed very well, but I can say, if you really wish to help yourselves, then you must focus my dear friends, on gaining more intuition into your lives. And I hear some of you think: *Intuition? But does not everyone have intuition?* Of course you do, but that is not what I am going to tell you. I hear you speak each time, of the many what you call 'tragedies' and 'diseases' and 'upsets' in your world; and of course you cannot live in this planet without being aware of what is happening around you. But what I am about to say, my dear friends, is this: It is unwise for any of you to focus on what is 'negative,' and I have spoken to you on so many occasions about the negativity in your world and within yourselves. By focusing on all of these things, you are holding on—and remember my teaching about the mind and how powerful it is? After all, let me give you an example: If you have a gift for another person, do you not focus upon it—gift-wrap it perhaps—and then what happens?

Sara: You give it away.

You give it away. And that my dear friends, you are not doing with the information that comes to you in this world. What you need to do, is realise the situation, but let it go; you must allow it to go. Offer it to that great power and it will be dealt with. This, I can say to you truthfully—that is the best way forward. Let me also say, that as your intuition and your spiritual strength grows, do you not see that within your world, that strength of intuition will never allow another being to lie to you, because you would be aware of all that is being said. Therefore, there would be changes in your political worlds, your leaders, your education, your economics—so many fields of living. So that is why I wanted to stress to you this time, that it is important that you re-evaluate what you think and feel. Do not hold onto all these negative things within your world, because what happens is that you then become part of that negative negativity. Do you understand, my dear friends, what I am saying?

(Affirmed)

Do you have any comments?

Sara: Well, I was thinking of you, because I am planning to have a creative phase in the Autumn and I was thinking of creating works with words and with music—so really the best thing is to focus on all the positives really—whatever feels positive, in doing that **(of course —)**. Put out the positive messages with words and music—

Use whatever creative abilities you have. You all have something in this lifetime which helps you to move forward. All I am saying is, never to focus on the negative elements, because then they become powerful, and it is almost like being on a downward spiral. Can you understand this, my dear friends?

Mark: Yes, because it sort of frustrates you **(yes)** if you can't actually physically do anything about it.

Yes and then the human emotions of stress, anger, fear, all come to the surface.

Sara: And fighting and combat encourages that, **(yes—)** which doesn't achieve the result. **Yes, we are speaking on a small scale, but I am speaking on a global scale—about the wars, the unrest, the diseases; and let us say this to you: How long in your history have you had disease and wars and strife?**

Paul: For as long as we've known I think.

Yes.

George: I suspect that, as the spiritual self is strengthened, the immune system will take care of itself.

Yes, you will become more healthy of course; as I say, if the intuition is strengthened, then you know all that is happening around you—there will be no deceits, there will be no lies. But each plays their part in this. So all I say to you, my dear friends, is do not hold onto these things. Offer it to your—whether you say 'God', Creative Force—you know I do not join with you in names, but offer it to that Divinity and all will be dealt with in the correct manner. What I do not want is for you all to become so absorbed in the negativity of daily living.

Paul: Yes, it's almost like—there are those, like journalists, who delve into these things—**Yes, and I would say that the innocents are those people who read and focus and take it all in inwardly, and who suffer. There are many who are suffering now (yes), because the details of all these things, create that negativity within.**

Paul: And probably, when you are on the spiritual pathway, there are certain things that you just have to avoid a little bit—

I would suggest that the less you focus on your media, the better for your soul.

Sara: I find that it isn't compatible with creativity—watching the news (**yes**). Graham and I sometimes don't agree on that, because he likes to know what is going on—which is good—**There is nothing wrong with being aware. What I am saying is: Like the gift, you do not hold onto it. You must offer it to our world to be dealt with in the way that we of course, have better vision and foresight (yes). And I know that some of you will say, but if we do not do this or that, who will do it? Remember always you are spirit, and your utmost duty is to that soul. After all, this Earthly lifetime is for a short period of time. So does it not make sense that you do the very best for yourself, which then has that ongoing effect on others?**

Sara: Make use of our own gifts?

Yes—yes. Are there any more comments?

George: Some of us, Salumet, make comments to our leaders—to members of parliament. This is seen as a system of influence. It is a chance to give what one feels is good suggestion to these leaders in our countries. I wonder if you have any comment on that?

Again my dear friend, yes, there is no harm in expressing your feelings provided they are expressed in love—as long as they are expressed in a way that is acceptable to all. If you are to express views in anger or anguish, do you not see that this is already a negative aspect to yourself?

George: Yes indeed.

Do you understand then, that if you are willing to help to speak for good by all means do so but do it in the name of love.

George: Yes—yes, that's good advice. Thank you.

Yes, but again once you have stressed your point, then please try to let it go, for your own development. I know what I say is not easy for you as human beings living in this world, but you have enough knowledge now my dear friends, to think about these matters more deeply (yes). Yes, and I know—excuse my phrasing—I must seem like what you say, 'a broken record.'

(Another of Salumet's colloquial expressions at which we all laughed)

But it is necessary always for me to remind you.

Lilian: It is necessary, yes.

Yes, and I only wish that each one of you attain the best that you can, whilst inhabiting this Earth.

(Pause)

It has gone very quiet.

(Chuckles)

Mark: It's easy to forget that cultural evolution takes a long time (**yes**), and we're very privileged to have you to help us move forward.

Yes, and although it may not seem so to any of you, progress is being made. There is progress, but there are always those who misuse power, as you well know. But I have to tell you that we in the spirit world are aware of all that goes on. So if you can keep this in mind, it will help you in your own struggles. Keep your view of the gift in your minds and it will help you.

George: I have a question sent in from our dear friend William that perhaps I could read to you Salumet?

Yes.

George: He says: 'The group that I am with, has a simple message, that unconditional love is the life-force, that we are this love, and need to recognise this, be it and to live it. Being kind

is what is needed. This could not be simpler and is easily acceptable by all, religious or not. We have very eminent teachers from the higher realms, who stress the urgency of this message. We have been told that we will soon be ready for a big expansion, and are preparing ourselves for this. I mention this because I am interested to know if Salumet is aware of us.'

I am not aware of them as individuals, but I am aware of the expansion of love (yes), yes, of course. This has been something that has been told to human beings for thousands of years. That is nothing new—of course, love is the ultimate existence. But I have to say: those of you on this planet never know that pure love, until you come to spirit. But that does not mean you do not have to strive for it. In the striving you gain knowledge. But yes, I am aware of the expansion of love, which is slowly covering this planet. That is what I have just said to you—that there is progress being made.

George: I felt the question fitted in rather nicely.

Yes, it is just a reiteration of what I have said to you now. But, as a group, I am not aware. I hope that is helpful to you.

George: Thank you. I am sure he will like that reply. Do you have a question, Colin?

Colin: I am interested in what practical activities we can use to enhance our spirituality. Should we fast, should we isolate ourselves from others like in a desert area for a while. Should we meditate, should we pray openly—any other activities we can use to help us on our path?

I would say to you my dear friend, you are the best one to know yourself. If you find that meditation or separation from others is the best method of connection to spirit, then that is what you must choose. There are no hard and fast rules for this. But I have to say that to my dear friends here, I have always said to them, that meditation brings you closer to spirit, but where you meditate is entirely up to you. But you do not need to fast. You do not need to separate yourself from others (okay). There are some false reports about meditation. Meditation is just a union of your spirit with those in our world (okay, thank you). I hope that helps you. Is there anything else to be said? You are all happy with my words tonight?

(Affirmed)

I did feel that we were going along the pathway of too many questions—too much to make the mind confused. So I hope, my dear friends, that this time has given you food for thought again.

(General agreement)

Paul: It's quite a relief almost—it feels very comfortable to *not* have to look into details that probably—yes, we don't need to know. There are so many things going on in the world that are bad perhaps, or negative. We need to focus on our own selves more, I think.

And of course, you do need to give the thoughts for others—there is nothing wrong with that. But just to do it and to let it go (yes). That is what you find difficult as a human being—that you are like a burrowing animal, *(Chuckles)* where constantly, you have to find more and more and more. And very often you end up feeling frustrated, because you do not get the answer that you wish.

George: And the world at the present time seems to have both political and—shall I say—wrong science diversions, that seem to attract our attention, but I think part of your message is: we've been giving these things too much attention.

Yes. Your world has always been very diverse—that has not changed over time. But, as human beings, you are in a stage of the evolution of this world where you have the

opportunity to grow and to know yourselves much, much better. And it is something that you should not deny yourselves, because after all and again I repeat myself: You are spirit first and foremost. And the human garb is but a short living time. Anyway, I feel I have given you enough to think about. I am sorry if the lady feels that she did not get her answer, but I have to say she also digs too deeply.

George: But it's clear that it's a condition of the immune system (**yes**) and it's also clear that we can, in a sense, strengthen our immune system by concentrating more on the spiritual pathway.

If you find your spiritual intuition, the human body would be strengthened *so much more*. It is another aspect of learning how to cope with life; and the way to cope with life is to build that spiritual energy—not the physical body but the *spiritual being*, and in that way, the human element also becomes strengthened. You do not need your sciences to tell you that.

George: And it may be true that the immune system is being bombarded more by factors in our food and in our atmosphere—

Again, my friend, I interrupt you because you are beginning to look for answers, instead of offering these conditions to the great and powerful force which knows all.

George: Yes indeed—I was getting round to the thought that this is particularly relevant at this point in time—to seek that spiritual pathway and intuition and take that road.

Yes, you must put that to the front of your thinking—yes. And now I will leave that responsibility with each and every one of you. And of course, with your own free will, I cannot change what you wish to do, but what I can do is continue to remind you whilst I am still with you. Because of course the time will come when it will be time for me to depart (yes); not just yet I hasten to say, (*Relief at that with a few Chuckles*) but it will come.

George: Might I ask a question on that Salumet?

You may yes.

George: Light-beings such as your self could frequent *any part* of the universe—you are not affected by extreme hot or extreme cold—that is not part of your domain. You could frequent absolutely anywhere. To begin with, would that be a correct assumption?

That is a correct assumption. There would be no such thing as hot or cold or here or there. It is just existence.

George: Yes, thank you (**yes**). So if you wish to be at the centre of the sun, you could be there. What I was getting around to is: there has been reference in our literature to '*Angels of the Sun,*' and that led me on to the thought: would you have a preference, or would light-beings such as yourself have a preference for location?

I find that a very odd question!

(Laughter)

George: Well I am an odd person!

(More knowing laughter)

Yes—I have to say, I just AM—that is the best way I can say it to you. I have no preference of locations. I just am.

I do know perhaps, that one place I would not like to be for too long, is within this atmosphere now. Of course, but you understand that; and again, I can feel your curiosity and your questioning—but no, I have no preference of location—only to that place where I belong.

George: Well, one speaks of 'spiritual realms'— is that a location?

We are within the spiritual realm now.

George: Or are we being rather odd in—

Yes, you are thinking along physical lines again.

George: As if it is a location **(yes)**. Yes, I understand! Thank you.

Are you clear on that? (Yes). Are you sure you understand that?

George: I think I understand that physical places— well, you're not within space-time, and time and place relate to space-time, really.

Yes—yes. You cannot make comparisons. It is too complicated.

George: Yes, because there are the connections, and we could never understand the full story.

There are many things, my dear friend, that you will never ever understand whilst you are human. You can access much more information in our world of course, where your understanding becomes greater; but even there, some people find that it takes much time to fully understand the workings of spirit.

George: Yes, thank you for that—and it does help enormously to just talk about it.

[A guide gives advice on making communication with spirit](#)

A visitor works with the group giving useful tips and what to look out for during an exercise which makes interesting reading. The workings of spirit can be very subtle, and you must be ready, and open, to accept. Remember that one of the main methods angels use to communicate is through synchronicities. We are also reminded about the dangers of using a Ouija board. These are not safe. (2/6/14)

Communication via Sarah:

I want her to know that I am close to this one. She is blind to me, but she knows that I am here

It is all too simple to deny what you feel and what you see. And as human beings, sometimes you will say, 'it is only imagination!'. I would ask that you think twice about those words. You do not need to be within groups to make contact with us in spirit. That is what I am trying to help you with this evening. Each one of you has individually felt something, and in your recognition of this, you are opening yourselves to more. And that is what you should be trying to achieve at this stage of your development wherever that may be. Now I would say, before I leave, that each one of you will be given a name, and it is a name that should be common to you all. Please try to allow yourself to connect with this name. Please speak out loud, and as you do so, I will depart. I thank you for your time and I know you will endeavour to improve as time continues.

George: Thank you so much—this has been a wonderful experience. I haven't quite felt the depth of what I have felt this time, before.

Good.

(Several names were given)

Jan: I've got to say Leslie.

Sarah: I'm saying Peter.

Lilian: Would I be right in saying it's my husband?

Whatever comes strongly to you—that is the name for you. Accept him if that is what is given.

Lilian: No, I didn't get the name—it was just the feeling of the eyes.

Yes, because you are more clairsentient than anything else, because of the work that you do. You must all have a name.

Serena: I've got the name Adam.

Adam. The name may not necessarily mean anything to you individually, but it is a name being used just in order for you to connect with it. So do not try to connect names if they do not apply.

Paul: Possibly the name 'Joshua'—I don't know that name.

That is what I have said—it may not be a name that you recognize.

Sarah: Is this going to be someone that we could call upon later on?

If you so wish, you may ask. You must take the responsibility onto your own shoulders, as you would say. If you ask us, we are only too willing to help in whatever way we can (thank you).

Serena: In meditations in the morning, I ask for a sign, but I never feel anything. What am I not doing?

If you are expecting a sign immediately, it does not work that way. In what way do you expect signs? There are so many. It could be—how shall I say to you? —it could be a cloud in the sky—it could be in a piece of music—it could be in something you may read—there are many ways. So, don't worry about it too much, but continue to ask. It will come. Can we have the others please, before I leave?

Natalie: I think I have a Frank?

Frank? (Mm—) You see, you are doubting. (Mm)—try not to doubt.

Lilian: The first name I had was William—I'll stick with William.

As I have said, it's just a name for you to recognize—not necessarily one that you know. It is only for the exercise, so don't be too concerned.

Paul: Yes, mine's definitely the letter 'J' I think, because I had a 'J' word earlier. So, I'll stick with Joshua (*yes*).

George: Albert is the name that has come to me.

Albert—yes. We have one more gentleman I believe?

Mark: I've been seeing a purple colour come and go (*yes*). And sort of contours of a face, but I can't see it. But I haven't got a name.

You can't get a name? Do not worry, it may come another time. But the fact that you have all received something should be assurance for you all that truly you are connected to us in spirit. It may be small steps, but now it is up to each of you to enlarge on what we have given you.

Jan: Leslie, who I think has been sat here listening to us tonight and who would have been very interested in this—he was the group leader who started this group off. He once told us that we have to be careful about letting spirit in when we are on our own. I think a lot of us have been hesitant about that.

You must always make sure that you are protected, and that is done quite easily, with a few words. You only need to be careful, if you are— for instance, we will often be worried for people using what you call the Ouija board, or trying to contact spirit, without knowing what they are into. And there are many who attempt this. But all of you within this room have had some experience of spirit. You are protected. So, don't be too concerned about that. You will immediately know, if there is someone who is not, shall we say: 'Quite

genuine'. And what you do then is you block them off, and ask whoever you ask for help, to help you to be rid of them.

Jan: Can you tell me before you go please, whether the pain in my shoulder tonight, was my pain, or a pain that I was picking up from someone else.

It was a little combination actually. A little of your pain you have been feeling. We hope that as you have been sitting here, that we have been helping with your pain.

Jan: You have, yes you have. I was in lot of pain when I came in.

Yes, keep that feeling of being pain-free with you, and you will find that it helps.

(Jan referred back to a previous visit of this one and how she had been receiving help.)

Sometimes we are mystified—that is not quite the right word, but I will use it—by people who are afraid to ask for help, as if by asking for help they are committing some spiritual crime. We like you to ask for our help; after all, that is what helps us to go forward—by helping others. So please, all of you, whatever help you need, please ask.

Jan: We will.

Lilian: I was just thinking, that will help even when we go to see our doctors, sometimes we think: oh I don't want to be a nuisance—I remember your words saying it helps them too.

Yes. Well, I must go, I have been asked to leave.

Jan: Thank you very much, we've learned a lot tonight.

(General thanks)

Revision on how 'mind' plays such an important role in our lives and our need to develop it

With many natural disaster making the news, Salumet reminds that he cannot interfere with the evolutionary pathway of people, but he can 'influence'. He goes onto say that instead of trying to change and control the elements for instance, mankind would be better off trying to develop that mind. A wonderful evening of revision looking at old topics. (11/5/15)

We bring to you peace. We also bring to you much love (thank you) and understanding for all that happens in your world. We give thanks, my dear friends, for all the loving, healing thoughts that you send out for those who have passed. Times such as these make spirit busy, but I would wish to gently remind you that these events—these happenings—they are part of your planet's evolution, and therefore we in spirit are very busy at these times of what you call 'disasters'. I would like to say to you that so often we hear: if you know in advance what is happening on this Earth, why cannot you stop it? I am sure you know the answer to that question (yes), because of course it would be interference. We can try to help, we can try to uplift, but we cannot interfere with that evolutionary path which is part of your planet Earth. So my dear friends, just a gentle reminder for you all to consider—to consider what is happening within your world. And after all, every event, every happening is *your* happening—is owned by each of you. But it is always difficult we know for you to understand why these events happen. Would anyone wish to speak?

George: Yes—the natural disasters that occur as part of our planetary evolution, does that link in some way to the free-will of humanity?

Those disasters which you call 'natural' would happen, no matter the thoughts of many. But I understand what you are saying. Mankind can alter many things with his thought—this you know (yes), but ultimately he cannot change what is meant to be. Do you understand?

George: Yes, and I just wonder if, through free-will and good thinking, he would have the ability to know in advance about these things.

Many of these things are already known of in advance. You will find if you look into these matters that this is so. But nevertheless they are what you call 'natural disasters' and are part, as I have said, of the evolution of the planet (yes). Of course, mankind, as you know, has the power to alter *many* things—many, many things; especially himself. This he does not do well, but slowly, slowly you are learning. Do you understand?

George: Yes—I was partly wondering if by improving his own awareness, he could be more aware of these things coming.

Yes of course—that is the answer. But mankind has to learn that awareness—that *spiritual* awareness is what would help. But he will never be able to eradicate what is meant to be. He of course would wish to do so, but as I have said, that would be classed as interference.

George: Yes, but he might through upgrading his awareness, shall I say, become more understanding?

Yes of course. Yes, I entirely agree with you. Yes—mankind's awareness is not great, but it is something for each of you to work upon. You can work upon the awareness to help others in many different ways. It need not be a giant leap, but some small knowing that can help your fellow man. And as I have told you in times past: if you but help one human being, my dear friends, you are doing well—yes.

Paul: Maybe for mankind, these so-called natural disasters provide possibly some *humbling* for the kind of people who become a little bit 'power-minded'—to know that they actually *cannot* control something.

They will never control the elements—never control the elements, but what they can control, I repeat again, is themselves. They can become aware of their own humility, their compassion, their knowing what happens when these events occur—that they can help those who are left in need, and they can become custodians, if you like, of many things.

Paul: Mm, because they're absolutely *trying* to control the elements (**yes**), the scientists, but—yes, it's so outward-looking instead of trying to control themselves (**yes**), they're trying to control nature.

Yes, if only they could begin to understand the workings of your world—the workings of the mind. That would be much more beneficial—*much* more beneficial, because then they would have the capabilities of helping individuals—helping people who are starving, helping people who are without homes—all of these things.

Paul: Yes, I think some of us get sad that these scientists are spending all their time trying to control the weather and things, but we don't know how to reach them and...

They will always have some element of success—I do not say they will never achieve anything by trying. They will to a degree, but what I am saying to you is it is unlikely that they will ever rule the elements of your planet Earth.

Paul: Yes, I think that's good to know, because I'm not sure they'd rule it very wisely—at the moment, anyway.

That is why they need to become aware of the mind—of the *spiritual* aspect of living. All of you have a duty—are duty-bound to find within yourselves that love for peace—that love for humanity, which still does not exist today.

George: Yes, I think this might be an apt time to say that it is the 70th anniversary of the ending of our World War II, and there have been commemorations, memories and services all over the world, notably in Russia, parts of Europe and the United Kingdom. I was wondering how you regard these occasions—these commemorative occasions, when people remember *the end* of a major war, and clearly they are aware of the value of peace, particularly at the end of a warring period (**yes**). Have you any comment?

Yes—I would say only: if people have the awareness that what they have been through—the evil of killing another human being—if they could learn from those things, that would be something quite great I think. But throughout history, how many times have you seen war? (*Affirmations*) Have they not learned about the reactions, the downfalls—the hatred that is created by all of these unjust things?

Mark: Yes, there seemed to be a good period following the 2nd World War, in this country; when a very socialist-style government was voted in, and there was a long period of very good productivity, producing things for the many—not for the few. But it seems that thinking got lost over the years.

But you are speaking of one small island in a planet. I am speaking of the whole of your Earth, where constantly men fight against their brothers, and still it is not acceptable. And what we are working towards is ‘love’, ‘understanding’, ‘peace’—that each and every one of you in this room, on this planet, are images of each other.

George: I think you imply that ‘remembrance Days’ are of no value, unless—
—Unless, yes—

George: —People learn from them and become aware (**yes**) and love, and begin to value ‘peace’.

Yes—sometimes I feel that these events are encouraging others to be fearful—and as you all well know, my dear friends, *fear* is one thing that you should never want to possess. Again I say my favourite words to you: there is only ‘love’ and there is ‘fear’. And under the umbrella of fear lies many of the problems of your world—you understand?

(General agreement)

So it is a case I feel, of once more, looking at the wider picture—looking with those spiritual eyes, and trying to help others in understanding, with patience and with love.

George: Yes, this is better understood and developed on a personal level than on a political level. While there have been remarkably good politicians, they seem far too few to achieve a love activation (**yes**) on a political level.

You would be amazed, I feel my dear friend, if you could see how many in our world are working with those in power, to try to bring to them that feeling of unity and love with their fellow man (yes**). We are working very hard to try to encourage these people, but it is not a quick task; you have been so long with people who only want to be greedy, either for profit or being of some kind. It is like trying to work through what you would call a wall of steel.**

George: It’s heartening for us to know that those in spirit are working away.

And that is why it is important for each and every one of you to work in sending thoughts to these people—that they may indeed find their own light. That way will change your world for the better.

Paul: Yes, instead of being critical, we must be charitable towards them.

Yes, if you cannot find or give charity from within, how do you expect others to?

George: Yes, I'm sure we all agree that that works on an individual level.

Yes, these are words I have given to you before (yes), but I feel as always, it is good that you hear those words repeated, just to remind you.

(Agreed)

George: Yes, and going a little beyond the individual level, there is the Internet; and views and influences are being attempted through places like 'Facebook'—people offer views and ideas in that way—

Yes it is a form of media which is being used for the betterment, when it is used in that way.

Jan: It also creates a lot of fear **(yes)**.

George: It's rather a mixture!

That is what I was about to say: as with all things, there is good and there is bad. You must ensure that any comments made or looked upon are those of some purity.

George: And we must use our discretion **(yes)** as to which of those comments we take on board.

Jan: From what you've told us over the last 20-years, is how to actually filter those comments that are totally irrelevant. I do find myself skirting over the bits that are of no importance whatsoever **(yes)**, for betterment of myself or my fellow man **(yes)**, and that alleviates a lot of the fear in your own daily life.

—Because you are taking control of your life; that is what is happening. You have decided that those comments, those remarks which are full of fear are not what you want to see or hear.

Jan: No, they are no benefit at all **(yes)**. I read an interesting article on Facebook this morning on fear, and the author, in her opinion—which I thought was a very valid one, was that have not evolved to deal with our fear very well. When we were put on this planet and were chased by bears etc and the fight or flight—chemicals in our brains would step in. She believes that that's still there, but rather than a bear chasing us, it's now our own fear which causes the anxiety, and we've not yet learned to switch that off. And it resonated with me very well, that's that occurs in everybody's life. It *is* a chemical in the brain—our every choices are made out of love or fear **(yes)**, and if you take that fearful choice it's very, very difficult to overcome that obstacle, and that fear follows you around and absorbs your very being I feel.

Yes, of course, that is what fear will do—that is what I have said to you. That is why it is important that you know yourself as a spiritual being, not a physical being. I repeat this to you so often, my dear friends, but it is so true. The spirit can overcome many obstacles.

Jan: I felt when reading it, it is our—as humans it is our biggest obstacle **(yes)** because without that fear, things would just completely change.

Yes, and it has served its purpose in times gone by in the evolution of mankind.

Jan: Yes—such as being chased by a bear—

Yes and at those times the fear was used, may I say, in a positive way; because of course, even fear has a positive and a negative side to it.

Jan: Yes, the positive was you ran quickly to escape the bear, and then the chemicals in your body would settle again until the next time that you needed that **(yes)**. But we are bombarded with fear every day and every moment of our life, whether you choose to absorb that and take that fear on board—

That is where your free-will comes into play. Yes, you are quite correct. But it is something, my dear friends, for you all to think upon this time. It is such a vast *subject*, as you would say, for you to all absorb, but nevertheless it is something you should think about carefully and again come to know that spiritual being which rules over everything else in your lives.

Jan: I have another feeling on the subject. The authentic self, if you base yourself on your authentic self, then other people around you who are not in the same way of thinking—it can have a negative effect when you feel more centred than the people around you, and you're drawn back into that fear. And that's where free-will comes into it again, but I think it's very difficult for us humans to actually stay centred—

Yes, if you allow yourself to be immersed within a pool of fear then of course you will be dragged down by it. It is a powerful—we shall call it 'emotion' because that is the word you would understand. But because you have free-will you should be strong enough to reject any situation that creates that fear.

Jan: And dis-ease comes from the fear, as you've told us before (**yes**), but our aches and pains, I've learned, are more from the anger side—contributed to fear anyway—comes from the core of the fear itself (**yes**) and stops you from moving forward—you literally—your spirit might be calling you to move forward, but you are stuck.

You are ignoring the spiritual voice.

Jan: Yes—my illness has come from fear (**yes**)—all of it?

All illness has a negative background, as I have told you often. And again, I would say to you, that it is practice to allow your spiritual being to guide you, to help you and to keep you free from fear. After all, what within your lives is there to fear?

Jan: No, we're not going to be eaten by a bear anymore, are we?

And if you are?

Jan: —so be it?

So be it.

Sarah: You say all illnesses come from fear-disease (**yes**). Even things like worn-out hip, has that worn out because of fear?

Jan: The balance of the body is not quite right, so you walk on one side or the other. It has the same effect—it doesn't matter which part of the body it is—it has the same physiological effect.

In the evolution of man, your life should be one which moves smoothly, until such time as it is ready for you to go home. That is the perfect life, but we know that the Earth planet creates, as the lady has said, many fears, and that is where it stems from; and as she has already explained, there is always dis-ease—dis-ease within the body, which is unbalancing. That is the problem—nothing is balanced, so fear and dis-ease take over the body. Some may never experience this problem—many cannot understand this problem, but all I can say to you: it is a basic truth of humankind.

George: In my youth, I did conscripted military service in the army and as part of that, I did a course in parachuting. There seems to be a natural fear of leaping out into space from a great height; and it was most interesting to see how different people overcame that fear. Some seemed to have a strength of mind which seemed to get them through it; some seemed to just *freeze out* mind, become quite rigid and do their first jump; for others it was a matter of ground-training and with much repetition, being tapped on the shoulder and an instructor shouts 'go!'. So when you're in the aircraft and you're tapped on the shoulder and

the instructor shouts 'go!', you go; because this has been your training. But it was interesting for me to see how different people responded in overcoming their fear.

One other thing I would say is: remember although you are spirit you are cloaked with a physical body. You have come from two parents who already have genetic faults, so you have to make allowances. That is why some people are braver than others—some people have strength of mind which others do not have—many reasons. So you are a combination in this world of spiritual and physical—

George: —endowed with genetic thoughts, as you have said. That is interesting (yes).

Jan: Also, and I believe I'm right, we come into this world with only one fear, and that's the fear of falling—

That is part of the passage of birth—

Jan: —of birth—yes, that's right. So some people probably carry that on and never actually deal with that and others, as a baby and an infant, learn to deal with that and find it's not so bad after all—

And there is also the fear of being born into a physical body (yes). You must remember all of these things. Nothing is as simple as it may seem.

George: So if there were no fear of being born into a physical body, then there would be much more reincarnation (yes).

Sarah: But what happens if you have a caesarean section? Perhaps they wouldn't have that fear, (*of falling*) would they?

They probably would be more afraid of—because most babies would be born in a natural way; those who are taken from the body in the way that you describe, would have different fears—fear of the sudden bright lights, fear of the many faces which greet them; there are many, many reasons. Yes, but yes, you are correct in your assumption that there is fear from the very moment of birth.

Sarah: Going back to the natural disasters (yes)—when there are earthquakes, afterwards, some people have miraculous survival—they're taken out of the rubble after many days and they survive. Is this because they are not ready to go, or because they've asked for help or is it just luck?

It could be a combination of all of those things. I would say that it is not their time—that would be the main reason. So if it is not their time, it is only right that they would be found or they have asked for help and those Angelic beings, who are so good at these times, are there to help them.

Sarah: So really, all the others who don't survive, it is their time to go?

Anyone who goes, it is their time, (yes) yes.

Jan: How much of that survival instinct is the free-will?

That would come into play because it is part of the physical make-up. Yes, of course, your free-will (to fight—survive), yes.

Sarah: Even if it was a baby—

—Even a baby.

Jan: I can imagine their will to survive is even greater than somebody much older.

Sometimes it is more difficult, because the child would be closer to spirit—and happier to return (yes), yes.

George: One gentleman, who studied drowning at sea, was convinced that a main cause of death was panic.

It does not help. Yes of course, if you panic it is fear—yes.

George: I imagine in an earthquake situation, someone who becomes buried could panic, while another might go into a period of meditation or close to that.

Yes, there is no one answer to all of these questions. I cannot give you one specific answer that will satisfy all of you. But all I say is: remember that first and foremost you are spiritual beings, and try to place those fearful conditions to one side. I am not saying it is simple, it is not. But in the striving for it, you will find you will become stronger and better people for it and better able to help others—which after all, should be one of your goals of life. Now, my dear friends, I have enjoyed our company this evening, as always.

George: We have much enjoyed your good teaching Salumet. Thank you so much for that. Thank you, and as I take my leave from you, know that always I am close—always I am a voice, in order that you may convey whatever you are feeling. And with those words, I leave my love with you all.

Do not focus too much on others

Others may go astray in their lives and indeed waste many opportunities, but that is their waste. It is important not to try too hard to become embroiled with others in this way as times spent doing so is time wasted in your own development. With world conflicts, it is better to remain impartial, and again focus on your own development. We never see the wider picture anyway. (14/12/15)

Ben: It occurred to me that a great number of people complete their human experience and return to spirit without becoming enlightened or even curious during their time here on Earth. As we are sent to this planet to evolve, isn't it a shame that some people spend their time chasing wealth at the expense of others?—or spend their time going to wars to kill others? Why are there so many wasted opportunities?

Each and every individual upon this planet—and I have already told the others in this group this on other occasions—that you cannot *make* people understand and know what truth is. You cannot make them be the same as you are—in the way that you think or hope or help. Because you are individuals with free-will, it is not always easy to follow the road of goodness. After all, this is a planet where there is good and there is not-so-good; I use those words again, rather than 'bad'. A lot of individuals are just misinformed sometimes or naive about existence, or who neglect to even sit and think about their lives. So I say to you, my dear friend: if the opportunity arises, then of course you can offer words of hope or knowledge to another, but you cannot make them listen. That is why they have come—and there are many individuals who change throughout their lives. When the soul decides to come to this planet for another lifetime it is well aware of the opportunities that will be open to them. For most people there is a graduation at the end of their lifetime, where they have grown in knowledge, grown in love, grown in understanding. But for many, this life is exciting, for many, they can only focus on one part at a time, and for these individuals, they are the ones who regret the lifetime that has been wasted. But it is *their* waste, not yours, not anyone else's. And they have to again, face up to the fact that any opportunities they have had has been wasted. Do you understand so far? (*Affirmations*)

Yes. When this knowledge and truth comes to many, their desire is great to inform other people. We understand this, because when the spirit is touched, all of the body is touched—and then we have happier lives, healthier people, more knowledgeable people about where they have come from in spirit. So you must allow people to evolve in their own way, in their own time. And do not concern yourself too much about others in that way, because whilst you are focussed upon another, you are missing the moment in your life. And my dear friend, to live in the moment, as the others now know, is the most important thing that you can do for yourselves. Do you understand?

Ben: Yes—thank you.

Sarah: That reminds me of you saying you shouldn't judge. I was thinking of a Japanese man and an Englishman—a Japanese man during the war had treated this Englishman appallingly—it was really not very good at all. And after the war, the Japanese man was full of remorse and he got in touch with the Englishman, and it gave the Englishman the opportunity to forgive—and the other man also to be sorry for what he'd done. So it actually gave them both an opportunity.

A very good indication of what I was saying that people graduate to better things throughout a whole lifetime. They may start off as being selfish, non-caring, and just some little incident like you have expressed is enough to change them—yes.

George: Could I refer to the Vietnam War? There was a very highly toxic chemical use, called 'Agent Orange'. And it has horrific effects, causing deformities in birth, and these deformities pass across generations, and there are still people being born in the world with terrible deformities as a result of their ancestors being contaminated with Agent Orange. Those in spirit who decide to take an Earth life—it is difficult to fathom the reasoning regarding what good they can do by taking such a deformed and often very short life. I wonder if you have any comment on that—

You mean the individuals who have been damaged, yes?

Mark: The descendants I think, of those who come in from spirit in a deformed body. —**Why they have chosen those—yes.**

Mark: Yes.

Well, that is a difficult question, because who are you to know how much that soul has grown? When you come to spirit—you have returned to spirit without any bodily disease or harm. We are speaking on a different level. When the soul decides to reincarnate, it decides for the benefit of the soul, not what the physical body will be like, and it is easy to judge others—*too easy* to judge others, and although your understanding is not quite as secure as it might be, I can only tell you, my dear friends, that understanding of spirit takes many eons of time. You will never understand fully whilst you live one Earthly life. It is an increase in spiritual knowledge, lifetime after lifetime; and even then my dear friends, I would say to you: the answers will never be what you suppose them to be.

George: It is wonderful Salumet that the Vietnamese people of today do not seem to have recrimination in their temperament.

Yes, and that is one of the good aspects that has come from disasters such as this. There is always a plus and a negative to all of life. If only you could look upon life as being that way, it would help to ease the grief that exists in these human actions. And as I have said: not all actions are fated; there are many people in your world who indeed have lost their way—and that is when you have events that happen that distress the majority of people. But on the other hand, you are not the Creator—you are not to know why, and I can tell

you my dear friends, that in all of these cases—all of these human beings—their spirit has lifted them higher than you could ever imagine. Does that help?

George: Yes—thank you.

Graham: I was watching a television program yesterday about Germany—has accepted 800,000 refugees from Syria and other countries, and it was just following the story of a couple of families, what they've come from and where they are now, and it was incredibly heart-warming (**yes**)—the reaction of the people in that area and how the Syrians were helping the Germans a little bit on sport and how to dance, and the Germans were showing the Syrians a German Christmas market, and to see the women smiling and the children not afraid any more (**yes**)—it was very, very heart-warming.

Both peoples have gifts of knowledge to each other (yes), that is how it should be in life. I do not tell you, my dear friends, that your lives are easy. We all know do we not, that life sometimes is very, very difficult for those of you who live upon the Earth plane. It is difficult to see one day follow another, especially when your media is so quick to report what is happening in different places of your world. I would suggest to all of you that you take a step backward before making any criticisms about either sides for whatever reason. Stay partial, impartial, whatever is best for you and focus on yourselves. In that way you are doing the best for your own spirit, and after all, your spirit has to be wise before it can progress. I hope that has helped you (yes).

[Better to look forward than back](#)

George asks about Atlantis but is reminded that it is better to look forward rather than what has gone before. There is nothing wrong with investigating the past, provided it is not to the exclusion of moving forward. (8/2/16)

George: I have another question regarding the final disappearance of Atlantis. There is very good evidence that this has been accompanied by 'climate change', and quite a marked climate change—in that in Siberia, there are areas that are now icy tundra—were abundant grasslands supporting thousands of mammoth, woolly rhinoceros and sabre-tooth tigers—quite large as well as small animals. But at the same time as the final disappearance of Atlantis, there seems to have been this huge climate change, which has caused these animal extinctions. So again—part of our planetary evolution—

Yes of course, there is so much you do not understand, and it is futile to try to explain what has already gone. Remember I have said to you: you must go forward—you must look forward and can't look backwards. But yes, there have been many changes in this planet, as there are in others, but you will never come to the end of wondering. But I understand why, as human beings you are so curious, when all you should really be striving for is the beauty of your souls and the beauty of spirit when you return to us. All of life seems so complicated does it not?

Jan: I wonder if that's one of the reasons why humans are inquisitive and so curious about the past?—is it because the answers are moving forward sometimes?

—Not at all (no?). You do not make the past to move forward.

Jan: No, I know that, but we all seem to be wired in that way, where we're all looking for answers from the past. Why is that?

I will just say and call it the word you used: 'just curiosity'. You have been endowed with free wills which includes curiosity—that is why (I see). And there is no harm in trying to find about the past, but what I am saying my dear friends, is that you must not allow it to take precedence over what you should be seeking. That is all I am trying to say.

George: Perhaps it helps to colour our impression of planetary evolution, but yes, I fully accept what you say—

Yes, but there is no harm in doing so. It is entirely up to individual's free will—yes.

Jan: Children are also very, very curious, they are closer to spirit than we are and we've all had this—especially the little boys—amazing curiosity and eagerness to learn about dinosaurs. It's really *the* thing to learn about when you're aged six (**yes**), so I think there's no harm in being childlike—

Do not forget that the genes retain memory (yes). You must look to that source as well—yes. Yes, there is no harm, but my wish for all of you is that you look forward, that your spirits soar, that it becomes imbued with all of the knowledge that you need to grow spiritually; after all, that is the main objective of you being here—to love each other, to change what is wrong and to go forward.

Jan: When you say 'changes', what sort of changes?—to change what is wrong within ourselves?

—Firstly, and then in your societies—yes.

Jan: —because obviously you can't change society if you're not prepared in yourself, it seems to me.

Yes, that is correct—that is correct.

George: Yes, an area that sorely needs much more love at the moment is the country of Syria; and there would appear to be six foreign nations conducting a war in their homeland (**yes**), and driving immigrants to other places—which is a natural thing—I think many would run away in that situation (**yes**). So the immigration which many simply see as an isolated problem is really very much of our own making.

There is no doubt that in the world you inhabit this day, that there is ignorance to 'within', there is hatred, there is all sorts of negative feelings which need to be obliterated. But it is still part of the planet's evolution, of this there can be no doubt, but that should not stop all of you sending out love for all people, all those who suffer and for those who are committing terrible deeds, each to the other. Yes, there can be no doubt that the world in certain places is in turmoil, but it has happened before and I can only say that until each Earthly individual finds in their own hearts the love of the Creator, we will always have some problems. That is why it is important for each and every individual to give of themselves with love. I will never tire of using the word 'love' because that is the very core of your beings. Do you understand my dear friends?

George: Yes indeed. Yes, I think of this as a basic essence.

Yes—yes. If you can reach into your own hearts and spirits, you can make this world a much safer and much more loving place. And I know to many, it must seem like that is an impossibility. I sit here with you my dear friends and tell you: it is a *possibility*. And now, I feel I will take my leave this time. I just wanted to reiterate to you all, what love can do for each and every one of you, and to never forget that that is the very, very deepest part of your being.

All genes have knowledge

This incredible statement requires some explaining. (13/3/17)

Sarah: I was just interested actually because there's been a case of—this isn't the only example, but a man who, I don't know if he was hit on the head, or he went into a coma, and when he came out of the Coma, he could play the piano. He'd never learnt to play the piano before and he couldn't play it before, but then suddenly he could, so what is happening there?

You have to remember you are a body of genes, you understand? (Mm) Yes, genes also hold memory and you can go back many hundreds of years and still retain the memory within genes; and I believe you said a knock on the head...

Sarah: Yes, I'm not quite sure, but I think he did. ...**yes, was enough to 'un-trap' that knowledge.**

Graham: Good heavens.

It is simpler than you would imagine.

Graham: That's fascinating. **(Yes)**

Paul: So, it *wasn't* a past life then that somehow got...

Sarah: It must have been.

It—no, it is memory that is inherited all through the generations. A memory does not disappear.

Sarah: So, it's not what *you* have done in a previous life, it might be what one of your ancestors has done? **(Yes)**

Sarah: Ah, right OK, thank you for that Salumet.

Sara: Can I ask, do you know if my musicality comes from my genes?

It has to have some effect—when you are here in a lifetime, to have that knowledge whilst you live has to come from recent times, but the case the lady is speaking of can go back hundreds and hundreds of years. So, you see what perfect specimens you are!

Laughter

You just do not realise it.

Paul: There must be another way to unlock it then, rather than a knock on the head?

We would not advocate knocking each other on the head, no.

Laughter

Paul: Is there a gentler way?

It is not meant to *be* really; it is better that you come to life with no knowledge really—you understand? (Yes)

Paul: To focus on *this* lifetime.

That is what you are meant to be doing.

Sarah: Because there are children who are what we call geniuses, they've come with some knowledge.

Yes, and they may not be physically able, but within spirit they can, and they can bring it forward.

Sara: Yes, like the children at Graham's School—some of them—savants. **(Yes)**

Yes, you are all intelligent beings—don't ever doubt that, but as the gentlemen has just said, you are here to focus on this one life time. It does not matter what has gone before,

unless it is causing you a physical problem; and I have said to you, my dear friends, if that is the case then you can do something about remembering that troublesome time, as our dear friend sitting next to me already knows.

Sarah: Yes, that's right.

(Salumet was referring here to Graham, who healed himself from the supposedly 'incurable' Dystonia)

Salumet gives more information on the subject of genes and DNA. (4/9/17)

Graham: I was going to ask you a follow up question, because I think it was Sarah a few months ago, who mentioned somebody who had a bash on the head and they were able to play the piano, where they hadn't been able to and you said that it was recorded in the DNA from many lifetimes earlier, **(yes)** and I just wonder if this was really how instinct comes in, that we often talk perhaps rather glibly about, you know, *'that's instinct'*, how a baby knows how to suckle, how animals know how to find their way across a continent and things. I was just wondering if all of this again, is written into their DNA from perhaps many lifetimes earlier?

All genes have knowledge, (yes) I believe I said, yes, of course you can never destroy energy and memory from Spirit is energy; you can forget with the brain, the physical brain, but you can never destroy or forget that which is part of Spirit. So yes, there is always knowledge available within you as human beings, but that energy exists in a wider sense throughout all of the universal energies. Again, you go to deep matters, where one answer would not be enough. (yes) You understand?

Graham: Yes, so one way that this energy can be expressed is recorded in the genes, but that's just one way.

Yes, and once you come to human form that information can be tapped into, (yes) of course. Sara: And that's where we have memory from perhaps other lives too—there may be some memory of something we've done before that could be developed.

Yes, of course, yes, you are all capable of many things, but if the physical brain does not seek and search, it will never know.

Sarah: There's a girl recently who started playing the piano and she started composing when she was around about 3. I think she's 12 now and she's giving concerts and has written operas and all sorts, **(yes)** and that's obviously also from what's happened before?

Yes, of course, you all have retained memory from past times, whether you understand or accept it, it is *there*, it can never be destroyed. Sarah: So if you've done bad things in a previous life, **(yes)** or things you know you shouldn't have done, could you start doing them again in this life, if you felt that's what you needed to do?

That is possible, that is possible, it would depend whether the Spirit was ready to change or not; and yes that has happened, where people have returned and carry some of what you consider to be unhealthy ways of living.

Sarah: Because you wonder sometimes why some of these people do some of the things they do; but maybe that's not necessarily brought from a previous live, it's something they've decided in this lifetime?

Yes, of course, that is why you cannot judge, you do not know that answer until you return to Spirit, yes.

Spiritual future and time

Salumet confirms that eventually, all energies will merge with the great creator. That includes humans, animals, even rocks and minerals. All energies eventually merge. (5/6/17)

Good evening.

All: Good evening.

Sarah: Thank you for coming.

I have listened to you all, my dear friends, this time. Since last I came, how different your attitudes and thinking have been. This evening all of you have given thanks for somebody or something. What I wish to say to you, my dear friends, is you *are* Light-workers, all of you; so when you give thanks you are giving thanks to yourselves. That pleases us greatly, because each one of you, as life continues, puts yourselves forward to *be* those Light-workers of Spirit. A single touch, a kind word, an understanding—all of these things are what good human beings should be about. No matter the traumas, the hurt that happens in your world, you must stand firm and continue with those positive thoughts; and this I can see within you, all of you.

And we welcome back also the dear friend who has been from us for some time—we welcome her back.

Emily: Thank you.

It matters not how many miles you travel on this planet, you cannot escape the bonds of Spirit, those ties which tie you to the Great Creator of all life. So, I say to you this my dear friends: continue as you are, be kind, be thoughtful, be blessed with all that you have, because in doing so you are that Great Spark of Eternal Light. I hope you understand my words.

Agreement + thanks

I will this evening take any questions you may have.

Graham: Last time we were talking about returning to humans eventually in the far, far future, returning to the Great Creative Force, and I went away thinking about that and then I started to expand that thought to, you have said in the past that animals follow a different evolutionary pathway to us, and I couldn't help thinking in their different evolutionary pathway, they too eventually will reunite with the Great Creative Force; it seems to me that that would be a natural thing to happen.

Yes, you are quite correct in your thinking. Although the initial pathway is slightly different for the animals of your world, eventually all energies will come together, yes, but it of course takes eons of time. (yes) Yes, this is what mankind finds so hard to understand; 'time', it is a difficult subject here on your Earth and also in our Spirit world, especially for those who do not make any great changes; but eventually there can be no dispute, all energy becomes as one, yes.

Graham: Yes, that's fascinating. I just wondered whether that would extend to mineral and rock and ...

... to *all* energy.

Graham: ... all energy, to all the universe, all the cosmos—everything.

Yes, if you can perhaps see it as a '*Pulling Power*' and drawing all of the energies towards this Great Creative Force, that may be a little easier to understand.

Graham: Yes, I like that analogy, yes.

But yes, most people will confuse themselves in reaching that point of thought, but as you continue into Spirit, all things become clearer and lighter and much less important.

Sarah: You did tell us once Salumet, at least I thought you did anyway, that there was no time in Spirit. So, if it takes eons of *time*, that is a *time*. **From your point of view, from the physical sense of time.**

Sarah: Ah OK, thank you.

Yes, if we started to delve into what you call 'time', there is a happening, but it is not really time, as you would understand it, it is just a force which exists.

Graham: It's very difficult for us to understand Spirit world time, (*SWT*) because there must have been a time before where you are at that point and what's about to happen—it's impossible for us to think about time being the past, the present and the future, as one.

Yes, that is one of the things that confuse human beings especially, because your brains are not capable of the information. So, there is no point in struggling with these thoughts, just accept that you are made of the same pure energy, which is part of Creation. (yes) And then things will seem to be clearer.

Graham: Yes, we can accept that I think, yes.

Paul: I think you've used the words '*Cycle of Time*' that past, present and future are all one; so, it's all happening at once (**Yes**) and we're—I don't know if it's worth thinking about—we're just on one part of that cycle at the moment.

You are part of linear time, so therefore you could not fully understand past, present and future in its true state.

Sarah: Is time just for us humans or do other planets have it as well—other beings on other planets?

Yes, on other planets they have the same issues, maybe slightly different; but no, time on planets which are evolving in the same way that you are, and there are many my dear friends, no matter what your astrologers, astronomers say, you know it is so different.

Paul: I expect they all perhaps either count the cycles of the sun, (**Of course**) or maybe they've got 2 or 3 suns and it's slightly different ...

But that is all part of human living.

Sarah: But some of the beings on these other planets, they're not at all like us, so maybe they're less physical than we are?

There are differences on many planets, but that should not worry you too much. What you should focus upon is this time, on this planet (yes) and what you have to achieve as a spiritual being. (yes) That is the way forward for human beings, to focus not only on yourself, but to give that love energy to others whilst you are here. Does that make sense to you?

Agreed

Sarah: Just harking back slightly onto the other beings, Emily said she read somewhere that scientists are beginning to think there is alien life, so we are getting there.

They have been aware of other life forms on other planets for quite a long time on your Earth, but as scientists they are a little wary or a little secretive, therefore they do not fully open up to their discoveries.

Emily: I think it's NASA releasing that they *do* know about other life. (**yes**) So they do know, it's whether they're going to make an announcement.

There is much evidence in the human world that shows that visitors have been here from other places. It is just a matter of understanding and recognition.

Paul: Yes, they need to be a little bit more open **(yes)** and honest about their findings and what's happened, yes. **(yes)**

Di: I think they might be a little bit worried, because of all the terrible films they put on television that people will go into mass panic if they think ...

But that is the fiction of people's minds, or thought or brain—not their minds, because mind belongs to Spirit, and if I could say as far as human beings go, they do like to be afraid.

Giggles

But I hope that helps in your understanding of time.

Agreement + thanks

Graham: When we pass back to Spirit world, does our true understanding of time develop further than where we are now or does that take us deep into spirit, before we truly understand time?

Yes, yes you would have to be in Spirit for quite some time before any understanding would come and you see not everyone wants that knowledge; people are happy in Spirit to go to feel the love and the energy and just be absorbed by it. There is no need for questioning or looking for answers, once you have reached a stage of development that is suitable for *you*. Do not forget that you do not change so suddenly; when you come to our world, you are very much like the person you are now. So, you must just consider allowing that spiritual energy to take the hold of you that it has lost in some way by becoming human.

Graham: It seems that becoming human in some ways causes a lot of problems, but then in some ways it accelerates us, because we learn our lessons **(yes)** sometimes quite painfully, because we do make wrong choices, **(yes)** but we do learn.

And also remember that the task of being human is to find your way home, (yes) to become part of all things. So, however many tragedies or sorrows or lives that you lead, each time brings you knowledge, spiritual knowledge. Has that helped you?

Graham: Yes it has.

[Acceptance is one more lesson we need to learn](#)

Salumet touches on many aspects which is good for introduction or revision. Acceptance, and going into the silence, prompts further discussion. (31/7/17)

Lilian: Welcome to you Salumet.

Good evening.

General welcomes

If only you could see how much you have grown; it is a great joy to us to know that you can discuss many things with patience and love, without too much condemnation. I have been listening to your conversations you may gather. I would like to say just one thing about this, that wars have existed in your world since almost the planet was created; you can make assumptions about why all of these happenings occur, but what I wish to say to you, my dear friends, is that death should not be looked upon as the most tragic of things in your life. I say to you, my dear friends, that birth is the most traumatic of all, because

they leave behind them all the love and joy which they have come to know. So, although we do not wish man to fight against man, in speaking of death, be happy that so many have returned *home*, where they will find love and support in all things. Your world as you know, can be quite a violent place at times, but one of you said: '*not much good comes from all of these things*'. I have to disagree just a little. There is much that comes from these actions; it comes with the change of thought within people; like your good selves, where you strive to help all people, not only the Innocent, but the guilty. So, I say to you dear friends, continue with your discussions and your love and heartfelt wishes for others. It gladdens us here in Spirit, to see groups such as this trying to understand, without too much criticism.

Sarah: That was me actually Salumet, that said about war, **(yes)** but what I actually meant was, when people fight over land or fight for whatever, I do understand that good comes out of it, but they don't achieve anything—you know, they tried to take, say a piece of land and they don't *achieve* that...

But it may not happen within this lifetime but let me reassure you that there is a reckoning, there is an understanding of what they have done. It may not be in one lifetime, it may take others, but let me assure you that that soul will grow from those experiences, and that is what is important. You understand? (Yes) Yes.

Lilian: And for the people they leave behind, they're learning too.

Yes, it is like a ripple on the water, it affects all people, you understand? (Mm)

Sarah: I don't know—my Grandmother's brother died in the war and he was 18, but actually she never got over it, it affected her, her whole life. **But she had the understanding of *loss*, which is a lesson to be learned.**

Sarah: Ah right, OK.

I know it seems cruel to many of you on this Earth planet, but it is not. Again, I beg you, my dear friends, to look to the larger picture; (Yes) it is a way for the soul to grow. Any trouble that comes to your lives, look upon it as a learning, not as something to be despondent about, because that only creates more fear, and you know we have spoken of fear so often, it is the most negative of all emotions.

Lilian: Yes, I was just thinking about my daughter and her family especially one of the children at the moment—well, it's not a child anymore, but with all the problems, both my daughter and myself said we are learning lessons, **(Yes)** we can see that we didn't understand until these things are happening.

No—there always will be lessons to learn, you may not even recognise them as life's lessons, but there are many and I say only to you: try to accept what is before you, what is with you at this present time, try not to look back in sorrow and in anger, because they are emotions which are negative. Look forward with love, look forward with acceptance that life must move forward. I do not say it is easy, it is not for human beings, if it was not, you would not be here, you would be perfect beings with no need to learn. I hope you can take my words this time and try to understand.

Sarah: Well I hope the lady that Paul was asking for help for a lady whose daughter was shot— **(yes)** so this is also—if she can take those words that would be a great comfort to her.

Yes, it may help her. I am sorry to say that with some people they hold on to negative emotions, which then engulfs them from many of their years and this lady is one of them. But give her hopeful words, try to give her understanding that death is not the end, (Yes) death is peaceful and full of love.

Paul: We know from all the years coming here that people have come back—even Leslie, who used to run the circle, has come back with glowing reports about the Spirit world / the life after.

Yes, and they are only on a very low level of energy. Imagine that energy and that love surpassed by all time. It is beautiful, it is something that you will not experience for quite some time. But I reassure you that it is there, it is waiting to enfold you within those spiritual arms. Many people who wish to help and who are helping you even now upon the Earth plane. And that brings me to something that you have been made aware of recently, about the *Silence*, (yes) and going within the Silence, being made aware that all things, all beauty, all knowledge lies within the Silence. You found it interesting? (Yes) Yes, I hope that since then, my dear friends, you have allowed yourselves to enter that Silence once more—or at least try.

Paul: Yes, I've tried a few times to be more aware of the Silence.

Of course, it will be easier when you are here.

Lilian: Yes, definitely!

Yes, it is much easier because of the amount of energy that you all create; and that statement is made especially for our dear friend, who you call Serena, because she was not too sure of her part in this group, but what she does not see that she gives off pure energy whilst within the room; and you all play a very big part.

Paul: That seems to be part of the—this Silence, it almost feels like that's when you can *hear* this energy (**yes**) and feel it.

It is almost tangible, yes. You should be able to *feel, hear*, do so much within that energy; and it is something, my dear friends, that will help you with your own development, because it is essential at this point that you now move forward, that you now move forward in development of your own spiritual selves, so that the soul may expand.

When we do not move forward – we can become stuck in a kind of spiritual fog

This can include hurts by others which we find difficult to forgive, and move on from.
(8/1/18)

As you enter into another year of earthly life, I would say to you my dear friends, as I have listened to you all, as I have felt your pain, as I have felt your desires and your hopes, I can only say to you: All is moving in the right direction. I know, these are not words that are taken easily, especially when life feels like it is against you. Let me say this to you my dear friends, we never promised that life would be easy for any of you, but take a moment, look back—and you know that is something I do not advocate, looking back, but rather to move forward—but on this occasion, I would like you all to look back to happy times, to understand how you have grown, how you have understood yourselves, just a little more, and then, you will understand that life continues forward. Sometimes, with your free will, you do not allow yourselves to feel in the moment, whether that moment be one of joy, of happiness, or of sadness, I still say to you, continue forward, and in doing so, spiritually you grow greater. I know this is not always easy to accept, but if you do not move

forward, you become stuck in a kind of a spiritual fog; so you must say thank you for whatever good has coming into your lives, even if that good has to disappear for a while, give thanks to that Great Creator, that he is helping you at ALL times. Do you understand what I am telling you?

Agreed + thank you

For the past few years, we have been encouraging all of you to look deeper into your Soul, to find that part of you that is eternal, to recognise in others your own weaknesses; do you remember that teaching? Where there is fault, look only to yourself. Do you remember?

Agreed

I would like you to think about this a little more deeply, and you will find just *how* much you have grown. How many times have you stopped in your tracks and said, '*I must not do this, or I must do that*'? It is that Soul within which is guiding you all. So, I am saying to you my dear friends, that this your new earthly year, holds many surprises for you, brings more knowledge to you, and I know brings many blessings to some of you. Few words, but a very deep thought, and I would like you my dear friends, before we meet again, that you have discovered within yourself that little piece of the Creator which will continue to ever move forward. Never allow life to become static, allow thinking to be filled with Love and, when I say Love, I mean Spiritual Love, the kind of Love that overflows all things, you understand?

Agreed

[Another reminder to live in the moment](#)

Question starts with the recall of an experience by Jan in the shower. (19/2/18)

At this moment in your earthly time, there is still so much unrest, so much dis-ease, and I wish to say and to reiterate once more, do not be afraid, my dear ones; do not be afraid of what is happening, not only on this planet, but further afield. I know sometimes that it is difficult to question that all that is said is quite correct, and I am here to reassure you that all will be fine. I hope you take those words and really believe in them, because being Angels of Spirit, we do not need you to dwell upon negative thoughts; in that way, you are extending your Love for good, for the betterment of all mankind. And this is what I wish you to try to cultivate more, as I'm sure you will.

Paul: I think we're learning to appreciate that *all* is fine, whatever the outcome, whether you pass to Spirit, or whether you stay on Earth, still learning and experiencing here—it *all* is fine. It's sad when there's suffering and pain, but we know these are part of evolution and growth, so there's good reason for it all.

Yes. You were endowed with these physical bodies for very good reason. They are what causes you grief and pain, as well as the mental capacity that the physical body has. So many ways for you to feel unsettled and to feel ill at ease with yourselves. But I say, live only in this moment, forget what has *gone* and look forward to what is ahead. I cannot say this enough to you, my dear friends. I cannot say to you to forget everything, because that

is not quite the way to go either, because you also have memory. But what I am saying is that you must remember, but then allow it to pass. Do you understand?

Agreed

Di: We need to learn from what's happened and go forward. **(Yes)**

Sabine: Don't we say that your body is your best friend, so that the disease is kind of reminding you that you should think differently?

It is the housing of your Spirit, (Yes) and after all, do you not look after and maintain your physical homes?

Agreed

Jan: You've just described Salumet, what happened to me in the shower, and I shared with the group a couple of weeks back, where, when I was showering, I found myself being able to look out of my eyes as if they were windows, **(Yes)** where I met myself, **(Yes)** and I thought to myself, this body is literally just that, and I have to look after it better than what I have done, **(Yes)** but it was like three of me: The real me—the number 1 me, the personality me (2), and then the machine (3), in which I am. **(Yes)** And I met all three at once.

You have described it very well. Of course the Spirit is the highest power you will attain, so when you discard these 'physical housings', as I wish to call it at this time, when you discard this housing, you feel free, you feel whole and you feel much loved.

Jan: I did—just from my experience, everything you say, it was just that for not even minutes, it was seconds, **(Yes)** my whole being was: Wow! Why do I need...I don't need to worry about this or this or this, because this number one Jan, was just full of this pure love and energy...

...which you are, all of you.

Jan: Yeah, and it was an amazing feeling—amazing!

You have to bring that aspect of yourself to the fore, and then you will begin to understand just a little, what Spirit life is all about. You understand?

Jan: Yes I do, having experienced what I did, yes, I've had much more clarity, since that experience.

Yes, you should all by now, my dear friends, excepting the ones who've come recently, you should by now know yourselves very well, you should know that Spirit within is the ruling part of all of you. And of course, you have to be respectful and caring about that body that you have been given; after all, did you not choose to come in that body? You see already, you had to rely on your own knowledge to take care of the physical being from the very beginning; but you need to grow, you need to continue to grow. You understand this?

Agreed

That is why you must live in the moment, forget all that has passed and focus to whatever future you bring to yourselves.

Jan: We do create our own futures.

Your future is not static, it is ever-moving.

Jan: Exactly.

So of course, you may have a view of what is to come, but remember Time even can transmute itself, as also *you* can; so try to remember this also.

Paul goes onto ask about traumatic events from a previous lifetime. Again, Salumet's message is the same and that we must allow ourselves to move on. There is also a lot of superstition about dates and other numbers, which do not hold any sway. (19/2/18)

Paul: I've got a question from one of the readers. This one's from David in Tasmania. He said he's come to understand that in his last life, he was killed on his birthday aged 32 on 28th April 1919, and he wondered if there's any spiritual significance to these dates?

Sometimes, when a Spirit comes home, especially when they return home under conditions which are not always good, they hold on to significant things of memory, and birth dates as all of you know have become an important part of human living. It is the human side of you which has created this; so yes, dates can be held on to for quite some time, for quite a number of incarnations. It is not something we have spoken of before I believe, but it is like anything else; we have spoken that people retain scars of old injuries from another lifetime, and so it is with numbers and names and all of these things. The Spirit holds on, so therefore when they wish to come into another lifetime, they wish to bring it back to the same number.

Paul: Right, they might feel comfortable about a certain date?

Yes, many reasons why they do, why they hold on; but it is one of the reasons why you should let go of any uncomfortable feelings in a lifetime, you should allow them to go free before you return home.

Paul: So, would you say, there is not really any spiritual significance?

Not spiritual significance, no.

Paul: More of an almost superstition...

Well, I would not call it superstition—that makes me smile; no, not superstition, but just the need to hold on to part of a life.

Ben: So was it a coincidence that he died on his birthday?

No, he would have chosen. You choose when you come, you choose who you come to and you choose mostly the pathways that you take.

Paul: Yes, so it's another case of not letting go...

Yes, it is holding on to something from the past. It is simple, there is no mystery about it—it is, in the same way as people hold on to things from past lives—anything from a past life can be held onto, especially if they feel it has not been dealt with.

Jan: Such as phobias as well?

Phobias, are another case of holding on unnecessarily, yes.

Sabine: Yes, or having died in a certain way, like drowning, or in a fire...

Yes, it is something new for you all to think about.

Paul: It's almost like we cling to what we know, rather than...

Yes, you see, it may also be that the Spirit feels that to be reborn on the same day as someone passed before, it is almost like a new start.

Jan: A rebirth?

A rebirth, yes.

Jan: That makes a lot of sense.

Paul: Yes, we're creatures of habit.

Di: So if somebody's got a fear of drowning in this life, is that likely to be because they may have drowned in a past life, or is it just a completely irrational human thing?

It can be either, there is no one set answer to these things. Very often, the fear would come from another time, or from the life that they live now. It just depends on the life.

A wonderful summary of the teachings

A wonderful summary of being a clear channel, staying in balance, acceptance, knowing, meditation, free will, being positive and love. (9/4/18)

Sara: I tend to find that people come to me and want to discuss something and I just go with the flow really and try to give whatever comes to my mind to them, to help them. But I don't always look for people to help, they just seem to come.

Jan: It's your light, Sara.

Yes, they are attracted by lights... everyone outside of this room, if they meet *any* of you, would be attracted to your light. You may be unaware of it, as you probably are most of the time, but to truly see the workings of the mind, it is best done in *meditation*, and then to answer the dear lady's question, (*Serena*) you *will* FEEL that something is happening.

Sara: Right, yes, we've just set up a new place to meditate in our house, which I think will be very nice. I've also noted that I've spent a lot of time studying my dreams this year (**Yes**) and I've noticed they've become really clear direct communication that can be quite helpful sometimes, in understanding, not just about myself, but it could be others too...

If you feel that is what is right for you, then of course you must continue and the more confident you become in recognising the connection with Spirit, the better all things become. (Yes) So you must continue if it feels right for you.

Sara: It feels ... it's very interesting to me, yes, anything to do with the mind, I'm fascinated by.

Yes, unfortunately there is too much thinking with the brain. And although you were provided with this encasement, this body, this brain, remember that it is a *minor part* and when the body dies, so will the brain—and the mind continues. (Yes)

Jan: I don't wish to bring in my ego on this at all, it's not how I intend it to sound, but when you were talking about our light attracting people, (**Yes**) is it OK to recognise that, because I do?

Of course! The more you are aware of your own auras, your own light—that can only be good; that means that your own mind is beginning to expand—that you *care* about *others*, that you *care* about the *planet*, that you *care* for the *underprivileged*—of course it is good to recognise.

Jan: Yeah ... there's been a shift ... I think my Spirit has come to the fore, (**Yes**) I think my Spirit has stepped forward, which is why I feel so differently.

This is why you should always be pleased to sit in meditation and *feel* yourself grow.

Jan: Yes, that goes for *all* of us, yes! Wouldn't it be wonderful if we were all born being allowed the knowledge to meditate? That would be my wish for the world one day.

Meditation comes naturally to those who do it often; and as long as the ego is retained and quietened, it's a wonderful feeling; and that is why I always urge you, my dear friends, to sit in meditation as often as you can.

Jan: The other thing that goes with that, and I'm not going to ask if it's correct, because I know it is, but often when you're more in touch with your spiritual side, you become *less reliant* on being amongst *people*, you can be quite happy on your own, (**Yes**) and not seek help or reliance from anybody else other than yourself—I've noticed that in me, that's the biggest thing I can ...

There is nothing more beautiful than the Spirit who is relaxed and loved and feels part of all things, whilst being on your own.

Jan: Yes, that's how it is!

Sara: Yes, I've learned to love my own company this year as well, very much more. I've always liked my own company a bit, but I really have taken it to a new level.

Yes, as long as you do not become too *insular*—that is a different matter, but I know exactly what you are both saying.

Sara: ...that people always come to me ... and I have plans to share more with my music, I want to share that much more globally, so I *do* have plans...

Yes, well of course you all still have your own individual minds, and free will is quite a strong part of your lives.

Paul: When we were talking about expanding minds, I was thinking of, sometimes when you're in meditation, you get to a point where you know that if you were to think of a problem in the world, or a problem with yourself, it becomes like nothing ... you might not know the answer to it necessarily in words, but you just know it *is* just another little issue and it will go. I wondered if that relates to expanding minds?

Jan: You've put it out to the Universe, haven't you, you've put those thoughts out to the Universe perhaps?

Paul: You know that these are just hiccups that will be resolved.

Yes, that recognition of right and wrong, is one of the basic things that meditation teaches you. You *know* that your mind is working towards Spirit, to become *stronger*, to become more *loving*; and that is the purpose, to leave behind the troubles of the world in meditation; then you truly see what life is truly about.

Paul: That's not quite to same then, as expanding your mind?

Expanding your mind means using it *wisely*, to be aware that that is what you wish to do.

Graham: Is this how we eventually become more evolved in the far future? Is this when we start to lose our free will—do you mean by that that we just know what to do?

Yes, you retain free will when you pass to Spirit, (Yes) because it is a part of Spirit, in that sense. But eventually it is just the *knowing* of all things. You know, like the gentleman has said, that things are not an issue and you just continue until it wears away and there is no need for that will. But now you are beginning to touch deep matters; but yes, you will know all things, when the time comes to pass, yes.

Paul: I have a few questions from the readers; I don't know if you've got time to take any more?

I will, I felt there was quite a number of questions this evening.

Paul: There's one from Meika, in the Netherlands, who's been following the transcripts for quite a long time now, (Yes) and she would like to ask, if you or others in Spirit realm are aware of us are persons, abroad in other countries, who follow the group from a distance. And another question: what is our top priority in what we have to do each day? What would help us the most in finding our path through life?

I believe I have already answered the second question—to meditate and to grow. (Yes) And your task in life, for all of you, is to give Love. To Love your fellow man, no matter whether you feel it is not quite right for you—to strive to Love another human being is the purest form of Love; because you have fought well for it. It is so easy for human beings to say, I do not *wish*, or I do not *like* that person; that is very negative, and if you can only remember the two things that I have taught you, negativity and positivity—yes, the two

opposites again, for balance. But your purpose on this Earth, is to learn to Love *all* people, all animals, all things and to do so quite naturally.

Paul: Yes, and I suppose her first question, I know you *do*—you have in the past tuned-in to individuals ...

Yes, we do not tune-in to individuals in that manner. We are aware if lights mostly, of the beauty that rises from the being. But yes, of course, we can tune in to individuals, as individual mediums here; that is how it works, the medium tunes-in to the individual and gives the message, which is to come across, if that is what she means.

Paul: I think as she's never been in the group, and there're lot's of readers now, **(Yes)** in different countries, I think she'd like to know if you're aware of them as individuals at all.

Yes, we can be aware of *anything*; in the same way as, let's for example say, if the physical body has been injured, it does not occur in the Spirit, so in that *sense*, you have to think, we cannot look at every individual on the Earth and see then as one person—it is not like that. It is difficult to explain, but you recognise the *beauty* and the *knowledge* that they *seek*.

Paul: Right, and if they were to be thinking about you ...

... if they were thinking individually, of someone like me, then of course that is a more personal connection.

Paul: ... and you would be aware of their thoughts?

Yes, of course. It is difficult for us to tell you how we communicate, how we know things altogether, just by being here—it's not easy to explain.

Paul: No, to put it all into words.

Yes, but all of these things you will soon discover for yourselves. I would say, try to develop your sense of just *BEING*. That's where Truth comes from; to recognise and acknowledge that what you are doing is Truth and Light and Love. Not to allow egos to step in, because that is what will hold you back.

Paul: Mm, we've got to be humble, **(Yes)** and loving; yeah, we've got to follow the little children really—the ones that are loving and humble. **(Yes)**

Serena: It's easier said than done sometimes though, isn't it, because when you *see* everything that's going on, **(Yes)** it's just *so hard* to *believe* that people in power are capable of doing certain things, **(Yes)** which actually make no sense and they're *not good!* And then you sort of think, well, is it just the way I'm thinking, is it me that's mad?

You do not help if you constantly criticise, because what it is doing is making that negativity stronger within yourself. (Mm) And I *know* and I *understand* and we see it *so often*, of all the struggles of mankind, and the hatred and the killing and I have said to you as a group, do not focus upon those things, but to focus on the *positive* parts of life, the *positive people*; and then in that way it grows stronger, the Love grows stronger and it becomes an entirely different kind of situation. You understand?

Agreed

Yeah, it is difficult not to judge your fellow man; we understand that and you are only human, but my wish for all of you, my dear friends, is that as individuals, you strive for the very best that you can be—you can do no more.

Sara: Sometimes, if we focus more on our own life and what we're doing, than what's happening out there, that can help us also to be ...

It can help you to send Love to the situation, which you feel is not good, and I know it will not change overnight, of course not; it has taken so long for this planet to evolve, and you

as human beings, to evolve. So perhaps another word for you to use would be a little **'patience'**.

Sabine: That word 'patience'...

Sara: It's also easier to *BE*, concentrate on '*being*', when you're not *doing* so much. I used to be so busy that I was *everywhere*, but not thinking so much about myself, always about other people. But this year I've had more time, and that's helped me to *be* and understand about *being*...

Yes, because you have found a better balance of life.

Sara: Yes, it's a much better balance.

Yes, that is all it is.

Sara: Yes, but I'm not saying I regret the things I've done, because I really enjoyed all those things, **(Yes)** but I feel that it's a good phase now to go within more and understand things on a different level.

Yes, you must always continue to seek and to search as an individual, because, after all, you are individuals, you have your own feelings and thoughts and I am sure, even within this room, there are many different opinions on different subjects, and that is how it should be, as long as it is given with Love. And that is your own responsibilities.

[Another wonderful summary on spiritual matters](#)

The evening covers a variety of topics such as prayers, loneliness, love, inner knowing, karma, judgement, incarnations and polishing our spiritual diamond. The evening starts with 'why' do some seem to get their prayers answered whilst others do not? We need to accept that the great creator gives us what is good for us. (23/7/18)

Good evening.

All: Good evening.

To join with you once again brings us great joy. Paul: Wonderful to have you back!

I wish to speak with you all, my dear friends, about a question often discussed amongst you as human beings; and most of these questions begin, my dear friends, with one small word...

Sabine: 'Why'...

'Why', yes that is correct. What I wish to talk to you all about, is the people who cannot understand why some people pray and ask for healing and these things come to pass, whilst another who prays fervently, or so they think, does not get the answer that they would wish to receive. Firstly as you all know, God is not of humankind, even although we say you are part of God, you have to remember that the word 'God', means a whole different issue, and talking of what God is about. God as you know it, is an all-encompassing word for Love, complete Love, and it is not someone who points a finger and says, "I will cure that one but not that one." So you see in humans minds it becomes very complex.

Agreed

And what I wish to say to you, my dear friends, is that you have to be accepting, accepting that the Great Creator knows what is best for all of us; it may not be what you wish, but it is what is best. Would anyone like to ask a question?

Paul: I was just thinking that I can understand that... *(Paul then forgets what he was about to say)*

Yes, the energy tonight is quite different.

Paul: Maybe it's affected by the temperature, the heat. *(It was another really hot evening)*

It is more likely that you as human beings are not the best receivers this evening—it is simple, but I understand what you are saying.

Paul: I was trying to think of it like connecting it to the power of our thoughts, **(yes)** so, sometimes I think I struggle a bit—I totally feel that God, or the purest Love, Source, would know what is best for all of us; **(yes)** there are times when you don't always know when to engage your thinking to try to change a situation or heal something. There are certain times when maybe you should sit back and allow things to happen, because it's part of the best thing that can happen to you.

Yes, and of course with many people, they do not have the belief, or the 'knowing', as I prefer to say, in what you believe. Your knowing is great amongst this group of people, but it has taken many of your years to reach that stage, but for many their understanding is still in a very immature state. But what I wish to say to you, my dear friends, is that do not dwell on what occurs with yourselves; if you have asked in Love for help, we will do all we can to help you, even if it is not in the way that you wish. But let me say to you all that no-one is never left alone; there will always be help for each and every soul who asks for that help.

Paul: And I guess there is a lot of growth in the sort of striving towards things—life needs to be a bit of a challenge, doesn't it? It can't be too...we can't get everything we want—that wouldn't be good.

Well not everything that you desire, but let us say that we are wiser when it comes to decisions of what is best for the soul.

Graham: What about those that because of their background and the environment, culture, whatever that they were born into, they're not actually aware of the fact that they can ask for help? I guess they receive that help anyway, even though they perhaps haven't got to a stage where they can ask directly?

No, I would say to you, my dear friend that every human being upon this planet has the ability and it is used often, of saying, 'God help me'. Even if those words are not said in the way that you may say them, I can assure you that we hear every moment of time someone call to God, and in the next breath say they do not believe in anything. How can each individual deny what is theirs? After all, you are part of the Great Divine, (yes) you are part of Love and Love will never be extinguished.

Sarah: But there are some people who just don't want to believe—you can say all you like, but if they're not ready to accept what you say...

Yes, that is the thing, but we see all the pictures in your world and people often say they do not believe in anything and yet in times of troubles, for example, shall we say if someone whom they love is in distress, they, in their own way, quiet way, will ask someone for help.

Agreed

You understand?

Sarah: I do; very often it's times of trouble that people turn to...

Di: ...it's when people are afraid.

Fear, yes that is a great subject, is it not? Love and fear—it engulfs you at times I feel, when what would be better is just to *offer yourselves up that the best may be given for your best use.*

Agreed

Sarah: The same when you're asking for help for somebody else—what's best for *them*, not what *you think* is best for them. **(Yes)**

Di: That's a very hard thing to do.

Sarah: But you may be wrong in what you're asking for that person, that's the trouble.

And of course, as the gentleman was saying, it depends a lot on situations, upbringing, but every single human being that abides in this world, has the deep inner knowledge of the Great Creator, and sometimes it takes a lifetime of denial, and for that soul to come home before they discover the beauty of Love. So, I say to you, dear friends, do not despair if all that you ask for is not given in the way that you would desire; instead, thank the Great Divine, for all the beautiful Love that surrounds each and every one of you.

Have you any other questions about this?

Sarah: I was just going to say that of course every person has a Guardian Angel around them, **(Yes)** so they're being helped as much as they can, if they can just accept it. **(Yes)**

Sara: There is an expression I like, which is: '*Life provides,*' and I always feel that when someone turns their back on *me*, another one always comes forward; **(Yes)** a door closes, another opens and that is very comforting and I'm always very grateful for that.

Yes, life never stands still, life is rich and full and beautiful, even to those people who you may consider suffering at this time; deep within, how many times have you come across a person with so many problems, but such a beautiful Spirit?

Agreed

I am sure most of you probably have.

Agreed

So I just wanted you to rethink this discussion, because we have had it before, (*Agreed*) in a much simpler manner, but what it comes down to is that you are never alone, you are always loved and there are those people as well as Angels, who wish to do their very best for you. But of course, as you well know, you cannot interfere in another's life—that is a hard lesson to learn.

Di: Yes, a lot of people do say to me that they're so lonely and it is really difficult to reply to that by saying you're never alone, because they're not very receptive to that, because they actually think they need to be with another *physical* being to not be lonely.

But as I have said before, whether they feel it or not, they are never alone and the Spirit knows this. Again, we are touching on the human form, the human thinking and the spiritual being that each and every one of you are. So, those people who feel lonely may well have, as they feel, a very good reason, but there comes a time in their lives, when a little knowledge or something triggers their deep-seated beliefs—things that they have denied before, and they will be helped. You understand?

Di: Yes, thank you.

Sabine: I was trying to say that to one of my friends who feels very lonely; both parents and 3 siblings have passed on to Spirit, but I keep on telling her they're right *there*, they're right next to her, **(Yes)** and she just needs to reach out to them and speak to them, because they're just right *there*, **(yes)** and she wants to believe me, but...

Yes, she finds it difficult, but of course you can only sow the seeds, and again that is something I have told you before, to sow one seed to one human being on this earth, my dear friends, you have achieved a lot. It may only be a smile, a nod, any everyday thing can be enough to give upliftment to people.

Graham: I'm always amazed at how powerful smiles are, because there are times you meet people, perhaps in the street or where you are in such a position, and I'm quite a big person and there's a little lady or something and she may look nervous for a moment, because I'm walking quite quickly towards her and then I give her a smile and you can see the relief and relaxation and they smile back, which is lovely!

And then it becomes natural to both of you, (Yes) and probably it is like the pebbles in the sea that carry on creating the little waves; you give Love to one and it continues on its way. Always remember that, my dear friends, we know you live in an age of upset and countries-against-countries, but as long as you give out Love and healing to all of those people, you do not know what changes you have begun.

Sarah: That's good and we were just talking earlier about 2 people who've done some really awful things to other people and there is a chance that they might suffer the death penalty, but what's encouraging is that so many people in this country anyway, even though they've done such awful things, they don't think they should be killed. So, in that sense that's good. **Yes, mankind has a lot still to learn, but as long as good people like yourselves spread the word, but that does not mean that you have to constantly repeat, it only means to sow the seed and allow that person to blossom all by themselves; that would be a greater satisfaction to them.**

Sabine: And to us as well, to see their blossoming.

Of course, yes, but because you are the good people sending out Love, you will automatically receive that Love back in some way.

Paul: Love, giving out Love, *it is* the most powerful magic, isn't it? **(Yes)** it sort of makes people grow, or animals grow, they become, they grow their *consciousness*, I think it was said with pets and animals, **(yes)** the more we love them... **They become part of your soul, of course they do, and you all evolve from a Beautiful Love; you do, I cannot express to you the Love that you will feel when you cross to our world.**

Paul: Love is the medium through which we grow really?

Yes, without love you are *nothing*, but I will say, if you really believe the Truth that you are never without Love, you ARE LOVE, Love is a *feeling*—you need no words, you need no expressions, all you need is that feeling of giving—that is *True Love*.

Sarah: We've talked about it before that various people have felt that tremendous Love that all-encompassing, overwhelming Love. **(Yes)** When we go over to the other side, is that similar, or is it much more intense when we go over?

A great number of people, as they are passing to this world, feel that sense of overwhelming Love. I am sure you must have read or known of people who have thought they were dying and experienced the greatest Love they have ever felt, and that is Spirit being there to greet them. If you cross more naturally without any doubts, it may take a little bit longer for you, only in as much as you're so busy finding things about this new life that you forget to just be open to what is around you. But when you do, the only word, a human word, I can use is '*Magical*'... '*Beautiful*'...

Mark: I guess Eileen experiences a lot of Love when she's stepped to the side for you to come in, because she often says she doesn't want to come back?

Yes, this one has had that opportunity; it can be overwhelming sometimes, because the feeling of deep and pure Love, it needs no other, it expresses itself in a way that you have to experience.

Graham: I suppose as human beings, we are attracted to love, and that can manifest itself sometimes in strange ways, like at the moment on our planet, there's a worry about gang cultures, where groups of young people particularly, get caught up with each other and end up becoming a gang of some kind, and perhaps perpetrate anti-social behaviours, drugs and things. **(Yes)** But in a way that is another expression of love, because they look upon their gang members as a type of family, I suppose.

There is not one person alive who has not experienced Love, but there is a slight difference between human love and Spiritual Love. You understand? (Yes) But yes, no one person is full of negativity; the most lost person in your world, still perhaps loves his mother, his father, a cousin, an aunt, it does not matter who, but they have that spark of Love.

Sarah: Even these people that do such cruel things to others?

Yes, but that human love, that feeling of human love, can then grow into a deeper Spiritual Love. (Yes) And again, my dear friends, I am sure you have read or seen your 'television boxes', as you call them, where people have changed their whole lives with the power of Love from someone else, (Agreed) or from their own souls' growth. It is a powerful—again it is a small word 'Love', in your vocabulary, but is the most powerful, the most powerful thing you have.

Graham: It is incredible when somebody has managed to turn their life around from one of being involved with gangs, **(Yes)** or human trafficking, or very negative things—turned it around and gone in completely the opposite way; and then they tell their story, **(yes)** and their story can be very powerful and it makes you emotional sometimes, just listening to their incredible story, and again, the *Power of Love*.

Sarah: Sometimes I think some of these people, they do these things and then they *change* and that's meant to be, so that they can then pass the word on to others, who maybe wouldn't change, so...

Yes, that is always a reason to change, but there are many reasons, there is no *one* solution to all things. But once you go past that negative energy, which is what they have—their energy has become dulled, they are misled a lot of the time by other people who have stronger voices. (Agreed) So you see how difficult it is to pass judgement on any one person; but that is not to say they will not see the error of their ways, the error of their thinking; when they come to Spirit, all will be before them, and this applies to everyone.

Sarah: Yes, I don't think any of us have had a perfect life, we've all made mistakes along the way. *(Agreed)*

Yeah, there are varying degrees of goodness, there are varying degrees of negativity, shall we say.

Graham: When somebody looks back at their life and they see the error of their ways, how is it that they can see themselves more truly as they really are, when they've died, than when they were on this planet? Is it because they are surrounded by powerful Love?

They are surrounded by Love, they are never left alone and before them, I believe people on your Earth have said that they see their lives flash before them; (Agreed) that is true, perhaps not in the way you would understand; but it is the knowing, a knowing that has to be looked upon, and in that instant, they either neglect to change what they feel, or

they suddenly become—and I will say, many, many are so upset that they cannot look at what they have done.

Sara: I suppose they feel, they've become aware of the pain that has been given, the emotional pain perhaps, or whatever it is that's been caused?

They are shown the pain that they have given to others.

Sara: Inflicted, yeah.

Yes, you cannot judge and you cannot change what a person is—you cannot do that; you can only give Love, (Yes) and you must leave the rest to Spirit. (Agreed)

Paul: In giving Love, is it literally, is Love literally a blending, because you're giving...

Love is an energy.

Paul: And you're giving out your energy.

When you speak your words of healing for others, as you do within this room, the energy slowly changes within the room, as you have changed within the room. And to give those prayers for Love and healing, you have lifted your Spirits, you have lifted this room. It is a complex matter, not so easy to explain, but as I say, human physical love and spiritual Love are slightly different.

Sara: And the happiest people are the ones who give their thoughts and perform their deeds for others, but obviously keeping in balance.

Yes, provided they are not hurting other people. Sometimes we see an overcompensation, (yes) where people are so busy helping others that they, for example, may be neglecting their own family; there is a perfect balance, not always easy to find. (Agreed)

Sarah: I do remember you telling us last time that if you had made a mistake, or if you are sorry for what you've done, you should deal with that before you go over.

Yes, I still uphold those words; if there are any issues, they should be resolved whilst you are in the human form; it is so much easier, so less painful for whoever is involved in this. Yes, so you are correct.

Sara: But if a soul has tried to make amends for something, but the other person is not willing to allow that, does the other person still have to carry karma for an upset, if they tried genuinely to put it right?

Karma is only there if you have done something wrong. (Right) There is a little too much spoken about Karma. Karma is just resolving issues that have affected people. So, I would say, if someone has tried to make amends, then that is all they can do; you cannot make someone else do what you wish.

Sara: No, you can only offer. (You can offer...) You can offer more than once, but you can't keep offering.

But what you can do, if two people are not, let's say, happy together, they must just leave one another, until such time as they feel it is right to say something.

Sara: That's very helpful, thank you.

But, just to give out Love, it is still the best way forward.

Sara: And in your thoughts as well, privately you can send Love.

Yes, as long as you, if you are sorry for something that you have done, you can always speak from the heart, from the soul, and then just leave things, whatever the problem may be; but each individual knows that. (Yes.) Yes, it's when we hear so often people say, 'I do not know what to do.' I am sorry for them: Yes, they do know what to do, each and every one of you knows what is right and what is wrong.

Sarah: I think, as you say, I believe and have thought that for a while, everybody knows what's right and wrong, and I do think we've been extremely lucky that we've had your

teaching and it's helped us to go on the right path, or try to go on the right path; but there are some people who haven't had that knowledge, and for them, it must be actually quite difficult for them to...

Those people have inner-knowledge.

Sarah: They have, yes...

Yes, that is making excuses, if you will forgive me.

Sarah: Thinking how much my thinking has changed (**Yes**) since I've been to the group, so, if I hadn't been to the group, I'd probably be thinking the same way as I did before.

But that is all that is needed, is that you can analyse your feelings, your Love, why you become cross with other people; all of these things, you have the ability and the power to change.

Sara: Is stubbornness something that begins in childhood do you think, or is it connected to pride?

Is what connected to pride?

Sara: Stubbornness.

It is a human trait; remember you are human as well as Spirit and as I try to lead you further towards the spiritual aspect, you are still remaining human beings, with all the faults that exist in the world. So, no, you are not perfect, none of you are perfect, and even when you come to Spirit, you will not immediately be perfect. You understand? (Mm) So, you have to deal, you can deal with any queries that you may have from a human aspect and then change it to a spiritual aspect, where you can try to erase what the problems are, because you have that ability with your mind, even whilst upon this Earth. So, no, try not to make too many excuses, as I say, but just to get on and live life to the fullest.

Paul: It's like our *inner* knowledge, our *inner*-selves are perhaps, could we say 'perfect'?

Your inner-voice is perfect, because that is the Spirit speaking.

Sarah: If our Spirit is perfect, then, a long time ago, you gave us the example of how we were like a rough diamond in Spirit, and you take a little bit off it and you polish it up, (**Yes**) and that's what we're trying to do; so that rough diamond is not perfect in Spirit?

It has been influenced by the human life; when you return to Spirit, that rough diamond is seeking its place within the whole, but it has to be polished, it has to be refined, that is why it is good if you can refine yourselves in your everyday lives on Earth.

Sarah: I was under the impression that that rough diamond that you talked about, in Spirit was just *us*, one person.

One aspect, you are speaking of one aspect of a whole diamond—that one aspect is a life that you have lived here.

Sarah: But the rest of it, that is in Spirit...

You will join up with them.

Sarah: But that's not just, if I can say, that's not just '*me*', that's other people as well, other Spirits as well? I was under the impression that that was *my* Spirit and I just took a little bit off it, and the whole idea was to polish the whole of me up. Am I wrong in that?

That is what you *are*, each lifetime that you lead, you are learning more and more and polishing the diamond, if you like. I only used the diamond as an example for you. (Yes) If you forget about the diamond for now, each little piece comes back to Earth for another life, in order that that diamond may be shone more and more and more, until such time it is so beautiful that it moves forward.

Sarah: So, we will eventually get the whole thing polished up?

Giggles

Well, I cannot give you *time*, but let me say I cannot see it.

Paul: Because *you're* still learning...

We are all learning. No-one will *be* the Great Creator, only the Great Creator, and we are all little 'chips', call it a piece of a diamond, call it what you will, but we are all striving to go *Home*.

Paul: So, as far as we know, it's a never-ending journey?

As far as I know, I see no end.

Sarah: Yes, I remember you saying, we keep searching, but we never get there. **(Yes)**

Paul: But, why would you want to end, it's a...

Yes, that is very true.

Sara: It's always interesting.

That is why it gives us so much pleasure, my dear friends, to come back to people such as yourselves, who will listen to the Truth and then go forward with the Truth, not only the Truth for themselves, but for everything and all people in this world.

Graham: Would it be true to say that, as we progress throughout our many lifetimes and we do become more evolved, we do become happier and happier and happier as we go into our futures?

You should do.

Graham: Yes, that makes sense.

That would be the aim, for spiritual Love to take a stronger hold and you would look at things differently.

Sara: I would have thought *humbler* as well, humbler and humbler, **(Yes)** the more we evolve, **(yes)** and more open-minded therefore, less judgemental and I think, when we appreciate all the—as if we are all an orchestra and everyone has something to contribute to the whole sound or the whole harmony—well, we won't have harmony unless we appreciate what everyone has to offer.

You will never in one lifetime embrace all the beauty and the thoughts; you become part of, for example, *trees*, you become part of the *sea*, you become part of *everything*, and nothing is individualised.

Sara: Yeah, I see, you blend...

You are seeking, yes, you are seeking to blend with every other thing, to become whole, and that is something that takes a long time.

Sarah: I bet it does.

Giggles

And for dear lady's beautiful diamond, just keep on polishing!

Laughter

Sarah: I'll do my best! There is one person that I know who does his best to fall out with everybody—very nice people, and he falls out with everybody—does his best to make things difficult for everybody. Is that his brain that's not working properly?

Giggles

Well, I see that my talk this evening... let us say, you should feel pity for this gentleman.

Sarah: I do, I do, and I do try and send him Love, but...

Sara: You've got curiosity, as well, about why...

You must allow him to lead his life; it may not be what you *want*, it may not be the way *he* likes to live his life, but it is his pathway to find out for himself, why he is like that. You may not know his history, (That's true.) that's why you cannot judge.

Sarah: No, I'm not judging him, but I do actually feel very sorry for him and I feel sorry for his family as well, but I just wondered what would make somebody want to fall out with everybody—but as you say, we don't know the background.

No, and in showing that 'unpleasantness', shall we call it, it may make other people realise that they can be happier. So, in a way, he is doing some justice. (service?)

Sarah: That's true, I hadn't thought about it like that before.

So, always think, when you are discussing, always think about the other side of the picture.

Sarah: That's helpful, thank you.

Natalie: Going back to lifetimes and having to keep coming back, what would the collective number of everyone in this room, what would their lifetimes be, out of interest?

Graham: I don't think he can answer that.

Sarah: Hundreds I should think!

Giggles

Yes, it is not a question I am used to. How many times have you all been back, is that your question?

Natalie: Yes.

It varies, I cannot give you a straightforward answer, because some of you have been around longer, others a shorter time. It does not make you think that because you have done many more lifetimes that you will stop coming back quicker—it does not work that way, it does not; but I can tell you, I think that the majority of you will be back.

Mark: We'll be back again?

Giggles

You'll be back again, yes.

Mark: For more revision!

So, it's important to live a life where you feel quite contented that what you have done has been to the best of your ability; you cannot do more than that. And sometimes you will have insight into some of those past-lives perhaps, but I would just say to all, my dear friends, thank you for listening me once again. I know I repeat myself and...

Sabine: And we need that.

Agreed

Yes, I only do it when I feel, somehow it has all been a little forgotten.

Sarah: I think when you repeat yourself, there are obviously things we do remember that you've said before, **(Yes)** but always, we can learn something new from what questions are asked, and we learn something else...

Yes, sometimes as time goes on, the answer you think you have, changes slightly and you think: "Oh, I did not think of that before." So, it is still useful.

Sarah: Yes, absolutely, and there are obviously things we've forgotten as well.

Di: And for some of us, it's the first time of hearing.

Natalie: It's quite uplifting as well to hear the words.

Yes, well my dear friends, unless you have another question, I will take my leave.

Serena: Can I just ask, with regard to us coming back, it's something we *choose* to do, **(Yes)** although, it's something we *need* to do, but it *is* still a choice?

You are left until you can make the choice for yourself, but all I can say is, there is Love behind it, reminding the Spirit of what is necessary; but yes, you do choose to come back, no one forces you. Some people have the idea that you have no choice. When first you come back to Spirit, you still have your freewill and that does not change for quite some

time. You may want to live quite a number of 'years', shall we say, getting to know something in Spirit, helping with children, with animals, associating with other people, there is so much to do in our world that you are not aware of; but yes, you always make the choice.

Serena: So, however difficult life seems, it is the choice we've made and we *knew* we were going to have those obstacles?

You don't always necessarily know every obstacle, because after all, an obstacle can be created by another person; this is why it is difficult—you can't make judgements, because so many of you are saying, 'oh well, it's karma', or *this* and *that*. It is not always karma, karma is just giving a response to what has already happened.

Sarah: And you also told us that when we come back, we choose our parents, not for who they are, but for the opportunities they give us in this lifetime that we need.

Correct, yes, that is true. Yes, so many people feel, well, I have re-said this all before, 'I would not have not chosen that lifetime.' But yes, you *did* choose that lifetime. No-one is compelled to return to the planet without first agreeing that is what they want to do. So...

Sara: If a person were very masterful of their own selves and thought they might not have to come back, would they actually know that, or have an inkling about it, or would they not know at all?

The knowing would be there.

Sara: It would be there before passing? Or not before they passed?

I see, you are asking if they know before they pass what?

Sara: Would they have any idea about their own evolution? Would they know that before going to Spirit?

You may have an overall view of life, but it would be very quick, just to assist in your passing, but generally, no.

Sara: I would imagine you wouldn't have any idea.

No, it is only once you have been in Spirit for a while that you then begin to think and see. Firstly, you have an overview of your life that you have come from, and then as time continues, you begin to see parts of where you should be going to.

Paul: And you can liaise with, well it all connects with others, like people in this room, some have had previous lives together..

No, the decision is made by those beings, beings who have probably never lived upon the Earth. They are not advised by other Spirits what they should do. That choice is entirely theirs. And now, I am going to take my leave.

General thanks for wonderful evening

Yes, the energy has been a little unstable this time, but I hope you have heard my words.

Enthusiastic agreement

Sarah: Did you say why the energy was unstable, I don't always hear everything?

I don't think the instrument is quite in tune with me this time; it is nothing to be concerned about, but happens, not often, and I just felt the disconnection a few times, but, she is OK and as I leave her, I am OK.

Giggles

Di: That's good to hear!

Thanks

I am becoming very humanised, the longer I speak with you.

Laughter.

Graham: I'm not sure if that's good or bad!

Sara: Poor you!

Laughter

Serena: You must be spending time with Cho.

Cho, yes, I do not really associate with Cho too much.

Serena: No, I just meant you both put a bit of humour in...

Humour, yes, why not? When you return to this plane, it is surprising what you pick up. You become aware of words you were never aware of, and feelings

We must look beyond the negativity that exists in this world to see the good

Salumet explains the importance of helping others by demonstrating goodness in our actions. Every positive, loving gesture grows into something far bigger. Progress is slow, but each action takes the planet a little further towards the light. We have great responsibility, not only towards others, but also to ourselves. (18/2/19)

Yes. I wish to say to you all, my dear friends, that I have spoken much in previous weeks of the work that children will bring to this planet, (Yes) how much there is to achieve; and there is much I am sure you would wish to know, but what I say to you is this: not only will it involve young children coming through the earthy years, but even now, there are older ones, who are beginning to think and feel differently from past generations. Influenced of course by Spirit, these older children will be *beacons of Light*, for the younger ones to come.

Lilian: Yes, I wondered, were there some people here already, I guess in *all* times.

In every age there have been people, not particularly children, but individuals, who have created much good within your world; (Yes) and this, you have to capitalize upon. But, what I am speaking of now is almost like a new beginning for your world. But you have to gather up within yourselves the knowledge that is given to you, and to begin to recognize 'good' when it is there, in front of you.

Paul: It really does feel, it has felt for a while now that somehow, the old systems are no longer working very well and that the time is ripe for us to finally, sort of stop being so concerned about money and material wealth and turn to the truth about Spirit and loving each other.

Yes. I have said before, it is the Love of all of these things that are *wrong*, not in itself is it wrong; (No) because you can have lots of money, but be a very good person for this Earth. (Yes) Good people do not need to be shown to be good, they show good by their actions, actions that help another, actions that will help people away from those lives of crime and punishment, which is so rife on your planet even now. You have travelled thousands of Earth years, many men have taken arms against another, and it has all been part of the Earth's evolution to some degree. But to a larger degree in times gone by, it was heartbreaking for those of us in Spirit to see man against man, and this is now what we are trying to change.

Sabine: Yeah, but it doesn't seem to be stopping.

You must never lose faith that all things can be for good; it does not happen overnight, but gradually, and when men begin to understand.

Di: There are less wars than there used to be.

Yes, but with such powerful weapons... yes.

I just wish to say to you, my dear friends, that each individual step, one smile, one act of kindness, grows to be much wider and bigger and better each time it happens. We, in Spirit feel the doubt of many individuals upon your planet. We feel the sadness and we feel the joy, and this my dear friends, is something I would like you to dwell on just a little more; always look for the goodness. And we hear so often, like the lady has said, 'it never seems to change'. I can assure you, it *does* change. It does change, but *slowly*.

Paul: If we do feel sad about something, we need to sort of not stay in that state for too long I guess, because it is a negative emotion.

You will always experience some negativity, by the mere fact of being alive on this planet, is enough to cause negativity; but it is how you deal with negativity, how you feel the goodness that comes from negativity, because there always is a brighter light as well as a darkness.

Paul: Ah yes, you need the both.

Yes. Yes, you do—without the one, there is not the other. It is all down to you my dear friends, decisions, whatever you do in this life, you have a very great responsibility, not only to others, but to yourselves, as spiritual beings. But you know all of this, we have discussed it many times, but what we are finding is that you need to be constantly reminded.

Paul: Yes, it's a shame, we are not quite able to ... we need to look in the mirror and keep reminding ourselves I think...

Yes, and each other. (Yes) Remind yourself and each other.

[The importance of 'living' the spiritual truth](#)

Salumet discusses the progress of the group and the importance of '**allowing ourselves to transmute from human beings, into the precious Spirit that we are**'. (18/11/19)

This will be my last connection to you until your new year. (Agreed) I hope you understand why it is necessary to pull away just a little; I want you, my dear friends, to realise and understand the growth that has taken place within yourselves. It is good that you spread the truth of Spirit, and for this, we are always grateful to you, because without your help, it would not be possible for us to deal with so many things. I hope that this past year has brought to you a greater understanding of yourselves, that you now know and understand what you are becoming; when I say 'closer to Spirit', I don't mean it in the way that you would, you're not coming here. (Giggles) But by being closer you are recognising your true self. That is why we've had on many occasions, instances of recognising your own abilities; I hope my dear friends that you have felt this also, for I can assure you, our view of you all, no matter the number, we are so pleased with what you have achieved.

Paul: It feels like everything's falling into place. Graham seems to be reorganizing all the words to hopefully reach *more* people. I think we all feel the growth, I'm sure we all feel the growth inside us. (Agreed) We just want to put it out there as much as we can as well—inside and outside.

Yes, there is a lot of information in your world, but of course with Earth and the inhabitants of Earth, having such strong freewill, they do not always make it easy for themselves. So, I would wish you to completely understand that as part of this Earth planet, how great the work is that you have done and are still doing.

Paul: I suppose, we can't know where it all ripples out to, **(No)** but all I know is it's a very pure 'loving ripple', a pure concentration of Truth.

Yes, and of course, it is the responsibility of each one of you to *maintain the knowledge* and to live life by those words of truth.

Sara: That's the greater work, really.

Yes, you have to expand, you have to allow the energy that you have become, to expand and grow, to change and allow *all* to know that this is happening.

Paul: Yes, we need to like, '*embody*' the *teachings*, in our daily lives I suppose—embody our spiritual essence.

Sara: I think it helps others to be more convinced if we are living the teachings.

Yes, you are examples to others, that is the purpose of these groups, as well as what we began with was rescue work, and that is good that this should be done, but also, as important, is that you, as a group and individually also, allow yourselves to transmute from human beings, into the precious Spirit that you are. I cannot say enough, or thank you enough on behalf of Spirit, because you already know that you have been part of something of good.

[A question about leadership reminds us again that we can never judge another!](#)

Graham asks a question that reminds us how much we judge others. We first must understand ourselves as spirit, before we can even begin to know the deeper truth.
(18/1/19)

Graham: I was wondering if I could ask a question about leadership **(Yes)** in our world. As I understand, when I've read books and so on, that when people become more evolved spiritually, through their many lifetimes, eventually they get to the stage where they leave materialism behind, the seeking of power behind, all these things are no longer of any interest as they shed these layers; **(Yes)** but, I can see a bit of a problem with that in the sense that our planet needs people who are spiritually evolved to lead, but those people that do become leaders are probably not quite so evolved.

But how can you tell that?

Graham: Well, we're not allowed to judge, I know. **(No)** But...

But you cannot say whether another human being is more evolved than another. Not by knowing, not by seeing, but perhaps by expanding your own energy and knowledge, maybe just then you could make some reasoning of it; but you see, what I am saying to you, that you have to fully understand your *own selves* as Spirit and how much you, as individuals have grown. Do you understand?

Graham: Yes, I think so, yes.

I hope it helps.

Sara: I suppose it may be true that some people may not *seek* power, but are given it, it may be offered to them—they're not consciously seeking it.

Of course, that is the problem with *all* of life, that sometimes your freewill and perhaps the freewill of another person, could perhaps 'clash', I believe that would be a word you use; but the responsibly lies with *you* as an individual, it is then your responsibility to use your freewill for the good of others. Whether it is in a position of power or not, there are many types of human beings in this your world. It may be that the person who is not particularly liked by others, is a Spirit that would shine freely in another area of life. So, no, you cannot judge another, I still say to you that is not the way to go.

Graham: Yes, it's been a very difficult one for us to grasp, but I think we're getting there slowly.

I feel this is what is happening, that we have to take things more slowly and that you have to exude your lives in fact, not just yourself but life as a whole, you have to live it as you would if you were here in Spirit. Does that make sense to you?

Paul: I think so, it *does*...

You will never be angels—even when you come to Spirit, you will not change that much to begin with.

Di: It's quite difficult Salumet when you're trying to help somebody and you give some advice and they see it as a judgment, I find that very difficult to put things to people and I'm honestly not judging, I'm just trying to help them to have a better way in life, but they take it as a criticism and think you're making judgments. If you've got any advice on that?

Yes, it is because they are not ready for that advice. (So, it's best to just to...) You can say what you feel of course, you must always have an open heart, but you *cannot*—in a way it is judging another, in saying they do not appreciate or understand your words. You understand?

Di: Yes, it's because you kind of see people heading for disaster and it's...

Yes, but it may be part of their life plan, you cannot say, cause each of you have come to this planet to work, whether you recognise it or not, and as people, as a group of people, you are doing good, every week in this group, but more than that, every minute of your lives should be exuding goodness and Love and help where needed without criticism.

Di: I guess it's best just to pray for people like that.

Yes, not everyone is ready even yet for the truth; we still have quite a long way to go, although in your world, there is an expansion of knowledge and understanding of spiritual matters.

Di: Thank you Salumet.

Graham: I actually feel that there is an acceleration, I don't know, but I think the world was stuck for a long, long time, but now, particularly now I feel as though people are talking in different ways, it almost seems to be accelerating.

I will say to you my dear friend, look to the babies and the small children of your world at this time, and yes, acceleration is a word that is very useful to them, because they have come with a purpose.

Paul: Yes, it was very exciting to hear about the children to come (**Yes**) as well as the ones that are already here.

Yes, there's always been on the Earth planet people fighting against one another and the lack of understanding to another; there has always been those problems, but all we can do is to show by example what good people and good lives that you lead; I cannot put it to you any simpler than that.

Paul: Leading by example is the best teacher of all probably than words...

And we are always awaiting your prayers for others, because each time you send those thoughts out, that energy is transmuted for the good. You understand what I am saying?

(Agreed)

Good.

Paul: Yes, we had the exercise you gave us, I think it was this year on being aware of the energy as we send out our prayers to others, **(Yes)** and I think it's good to continue with that—to *feel* that energy.

Yes, it is up to each individual to find his or her own way through life. So many people call us and ask: 'What is life meant to be?' 'Why are we here?' Those are questions that they should be asking of themselves, because you *know* the answers; you do know why you have come, even if it is not obvious or available to you.

Sabine: That's the thing, if it's not *available* to you, it makes you feel a bit stuck—*where is the information?* **(Yes)**

Sarah: We have a saying, "Life is what you make it", and I think that's true...

It is a very good saying.

When we are in balance – we can achieve so much

Graham draws an analogy with the opening of a lock gate. (24/2/20)

Graham: I saw something yesterday, which made me think; we were at the Kennet and Avon Canal and we were looking at these giant wooden locks, these doors that allow the water to go through, and it just struck me that this enormous lock-gate, which probably weighed about the same as 4 cars, could actually easily be moved because it was in perfect balance; and that got me thinking, when we are in perfect balance how much more we can achieve, because with this lock-gate, you just had to press on it gently and patiently and it suddenly started to move, **(Yes)** and I thought it was a nice thing to think about in life as a whole, that when we are in balance we achieve so much.

All around you in the world, are signals that are there to help you to grow and you have just named but one thing; there are many signs within your world, which help you to take a step forward, or to create a thought that is useful. Yes, and I commend you my dear friend for noticing such things. (Yes.) Yes, too often in your world, people are in too much of a hurry, they do not take the time to even know themselves, let alone to notice the signals on this planet. It is available to each and every one of you, all of these things, yes.

Graham: Well, I shall be looking for the signals, then, yes.

And yes, if you equate these signals, to your own self, you indeed would become a very balanced and easy person—a perfect almost human being.

Graham: I think nature itself holds so many of these signals, when you see the way that nature works, **(Yes)** you think, 'oh-my-Goodness', I can take something with that.

The Great Creator would never make any silly mistakes in the creation of the worlds that you know of. (No.) It is a great lesson and one that I am pleased that you have raised. (Yes, thank you.) Yes.

Our greatest challenge is to become more aware of ourselves, what we are as human beings and what we are as spiritual beings - and only when the 2 are aligned, will there be peace and harmony with us!

Salumet answers a series of questions about the future of our planet, our own evolution and what the final 'end game' is. Some wonderful insights are explained very clearly. (24/2/20)

Ben: Can I just ask as well, there is one aspect that I always struggle with a little bit, which is, my understanding is we all come to the Earth to live our chosen experience and to learn, develop and grow, and my understanding is that we get to a point where we've evolved, such that we don't necessarily need to come back to the Earth again to have further experiences. So, therefore won't there come a point where all of those in Spirit at the moment and all of those on Earth as we are *now*, will evolve to point where we don't need to come back and will that then be the end of the Earth as we know it? What is the end?
I understand your question, my dear friend. You will never know the end of evolvment. (Okay) **We are speaking deep matters here, and something that I would not discuss, because you would not understand. What happens when you come here, you come to learn, yes? (Agreed) Some people do learn, some do not and return to Spirit, shall we say, 'empty handed'. When you speak of returning, that decision is made by the Soul itself, it is never pressurized into doing what it does not want to do, because when first you come back Home, and I call it 'Home' because that is your *true spiritual Home*; when you come Home, that choice belongs to you. But what seems appropriate to me is that first the Soul or the Spirit has to find themselves, before any major consideration of returning to Earth is made. It is not automatic, and you can remain in any stage of evolution, and it is slightly different from the evolution of the worlds and the stars and the planets, it is not the same thing, it is a growth of Spirit.**

Ben: But normally, with a development or a growth, there's always an 'end goal' or an achievement, isn't there—we're used to passing exams...

There is a moving on, yes, it is a moving on from one level of, we call it 'Spirit' only for the use and understanding of the word. But yes, if you have felt that you've attained the level that you wanted to on Earth, then of course you can move forward; if you move forward you do not come back. (Okay) You seem confused.

Ben: I think you were right when you said that I wouldn't necessarily understand in my human mind.

No—let us go to the beginning, when you have lived a life on Earth, and if I speak of the people within this room now, you have all lived in a past time, not once but *many* times. So, people want to know how long do you have to do this, before you can move on. That is entirely up to the *Soul*. You may stay on one level—let us assume that you have just passed—you would wish to stay behind to greet others, would you not, if you are a group Soul? (Agreed) Whether it be children or family, whoever you've had connection to. So that decision belongs to the Spirit or the Soul. But when you reach the point where there is no need or you cannot learn any more from that experience, you can move on—I mean move *forward*; and then you become lighter as a being—you become lighter and lighter

and eventually, you will be united into that *Group Soul*, in the same way that animals do, but very much sooner than you would do.

Ben: So, will there ever be a time when everybody's reached that point?

Not altogether, no; there may be the destruction or the withering of the planet Earth, but that does not stop us being 'at Home'.

Ben: Okay, thank you.

Does that help you?

Ben: I think it does, yes, thank you.

If you are not sure, please speak now and I will try to clarify it for you.

Ben: I think the struggle for me is just to accept the infinite of everything really.

Yes, I believe if you spoke to each one here individually, they would not be able to explain *eternity*. It's a complicated thing to understand.

Serena: If we take 'time' out of it and just look at things that we do as experiences, (Yes) it's our choice to just keep experiencing, but not necessarily thinking I will grow if I do that; it might just be, 'Oh, I wonder what it would be like if...'

Yes, but you have to have reached a point, a degree of Love within yourself, to become that lighter being and to move forward. You may not necessarily see it as you say, as an 'opportunity' shall I say, it will happen naturally.

Ben: So, can some Soul's then take a step backwards as well, because we've spoken about Hitler before in the past, and that he still is in a self-imposed darkness, because of what he did?

Yes, and he is the one who remains in that state until he is ready to recognise what has happened in the life that he has led.

Ben: So, when you talk about getting *lighter*, is it possible to get *heavier*, or *darker*?

No, you would not get darker once you are in the Spirit realm; but what happens in the Spirit realm, if you have committed, shall we call them 'crimes', for your understanding, if he had committed so many crimes, he could not become worse, and he has to recognise then what he has done and how many people have been affected by him. When he is ready for that there are beings ready to help him, but *he* has to take that first step. So, what people on Earth call 'hell', is in fact the *hell* of their own thinking.

Ben: Somebody suggested to me once that he may have chosen in Spirit, the role of Hitler on Earth, to create opportunities for other forms of growth for other Spirits in their experiences on Earth. So, for example, he would have created an opportunity for people to have been persecuted and to experience what that's like as part of *their* growth...

That would never happen. (No, okay.) I will tell you now, that way of thinking would never happen in Spirit. He would remain in his own darkness, until he was ready to be forgiven by all of those who have been harmed. You have to be careful when you speak about what people do for their own benefit, or for the other's benefit; when you come to Spirit, you are responsible for *yourself*, in the same way as you are responsible here on Earth. You cannot change that; and not everyone was born to come and be 'evil'; and let me tell you, I don't like the word 'evil', but for the understanding of human beings, that is the best word to use. We know and understand in higher realms, that you have to understand yourself very well first, before you can become the person that you should be.

Sarah: You have said to us in the past about people who do 'bad' things, or what we consider to be bad things here on Earth, as being misguided, (Yes) maybe that's how they have become the way they are, these, as you say, 'evil' people, they're just misguided, they've gone down the wrong path and listened to the wrong people.

Yes, of course, that is what happens quite a lot in your world, that people...you all have choices, you all have your own thinking, your freewill; it is up to you whether you take the pathway for good or the pathway for not-so-good. No-one forces you and whilst you are living as a human being, that is your responsibility. But certainly there is a period of time, when you first return home to Spirit, where you can see what has happened in your lifetime, almost like people have described it, like watching a film—you will find everything and you will know instantly whether that was good or bad move. You cannot deny when you are in Spirit, what has happened in your life.

Now, has that helped you? The only other thing I will say to the gentleman please, when you are speaking of Hitler, was that he would be in a place with like-minded people, so there would be no reason for him to try to encourage them otherwise, because they are all in the same darkness with their thoughts.

Ben: So, where he is *now*, they are together?

You will all...this applies to each and every one of you, you will be drawn to where you belong, with like-minded people, with those Spirits or Angels, or whatever, whatever help is needed, that is where you will be. And yes, that is where the word 'hell' has come from, it is not 'hell' as it has been described, but it is an understanding of dark thoughts. And they would not be allowed to be in contact with say someone who has led an ordinary life or a *good* life, shall we say.

Ben: So, if there's a concentration of darkness when they're all together, how do they get out of that, because is there any influence on them to consider what they've done?

They are influenced all the time, there are 'Angels' I call them, Angels in that world who are trying to help them all the time. The offer is there for them to change, but again it is their freewill, whether they accept or not. Once they have accepted what they have done, they then move forward into, you have heard it so often, '*move into the light*'. That is virtually what it is, it is moving on from '*not so good*' to '*better*'; there are stages of understanding. Does that help you?

Ben: Mm, thank you.

Paul: That's one of the big differences I suppose between Spirit realm and the Earth, where we come up against a real mixture of people, whereas in Spirit like-attracts-like, sort of thing—people of similar minds.

Yes, it could not be any other way, it has to be, and let me say when we have been speaking of evil thoughts and all of that, most people who return *home to Spirit* are good and decent people, but as you know in your world now, there are always those who wish to do harm to others, and we know from teachings of teachers, that you do not harm one person ever, it is not acceptable.

Mark: Because the problem we have here is, when we put the sort of '*naughty, bad people*' all together in prison, we don't really give them much opportunity to grow in there, I don't think we do enough to help them (**Yes**) to change, to influence them for good really.

Yes, but as long there are people who are trying to influence, that again is up to the individual person, whether they accept it or not. You can try to help someone, but if they are not ready for that knowledge there is nothing you can do, but you have done your best to try to help them with good thoughts. Do you understand? (Yes.) It's not an easy subject and people always think why this or why that.

Di: It's not easy to send loving thoughts to those people who do all these bad things.

Yes, we understand this too, because you are human, but that is why I've said to you, you must love yourselves first, and when you love yourself you have no thoughts of—what is the word I'm looking for, you do not wish to be doing anything that is not right.

Di: That's right, so you don't want to think bad things about the bad people, you want to send good thoughts to them as well.

Yes, but we understand, we understand in Spirit that all of these things are not easy.

Sabine: How does it happen when somebody's sort of having bad thoughts or thoughts about something they do not really want to happen, like an accident or something like that, and by thinking it so much, they're actually creating the action; so somebody is going to take the action in order to hurt them; **(Yes)** but then that person probably wouldn't have done it if it wasn't 'called', or I'm not quite sure how that works out?

But that is, again I repeat myself when I say, it is up to the *individual* with the separate thoughts to understand *himself*.

Sabine: Yes, the one that 'called it', has to change his/her thought patterns. **(Yes)** But then the one that created the action, in order to go in harmony with what was being put there, the negative activity—for example, somebody is afraid of having an accident and then being so afraid of it actually had created one and somebody crashed into them...

Yes, there always will be these problems on the Earth, because again, we get to some deep, deep studies, when we are thinking about what people are thinking and what they are doing. As it stands, I feel that everyone should be responsible for their own thoughts, whether they are the right or wronged ones, they are still responsible for whatever is happening in their lives. You *can* create, and I have said it many times, your thoughts can create itself and cause things to happen, but that makes *you* responsible for the action.

Sabine: Right, even for the other one that didn't mean to **(Yes)** but happened to be there.

Yes, it is a complicated subject and perhaps one we can talk about another time, but I feel for this time we have spoken enough.

Sara: These incidents do create learning, don't they? On different levels in different ways, people think about what's happened and then sometimes ask questions on a deeper level about why it happened; so, I can see it all creates learning, doesn't it, **(Yes)** all of our incidents that we have.

It's very difficult for the human mind, the brain, to understand some of the things we are saying to you, but what I wish to leave you with, my dear friends, is **start to become more aware of yourselves, what you are as a human being and what you are as a spiritual being, and only when the 2 are aligned, will there be peace and harmony with you. That is the basis of living, that is where you learn your lessons, when your knowledge of yourself is so deep and so good.**

I hope you understood my words, because I know it is difficult to take in at times and makes you wonder, but in that wonderment, you will find the Truth and that is what I've always wished and try to do with you.

General thanks

Sara: Thank you so much, it was really very, very interesting.

Graham: Lots to think about.

Paul: More food for thought.

Sabine: Rereading, relistening and let it all sink in.

You can only do your best; if you feel an action is done with a good heart, then it cannot be far away from the truth.